EAT GREEN • LIVE WELL

vegetarian times

April 2010
vegetariantimes.com

eat better tonight
32 fresh & easy recipes under 350 calories

Luscious, light fruit desserts

1 short shopping list, 5 great meals

4 essential knife skills

Bring on the broccoli
Healthy pizza, pesto & more

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+

Plastic panic?
The bottom line on BPA

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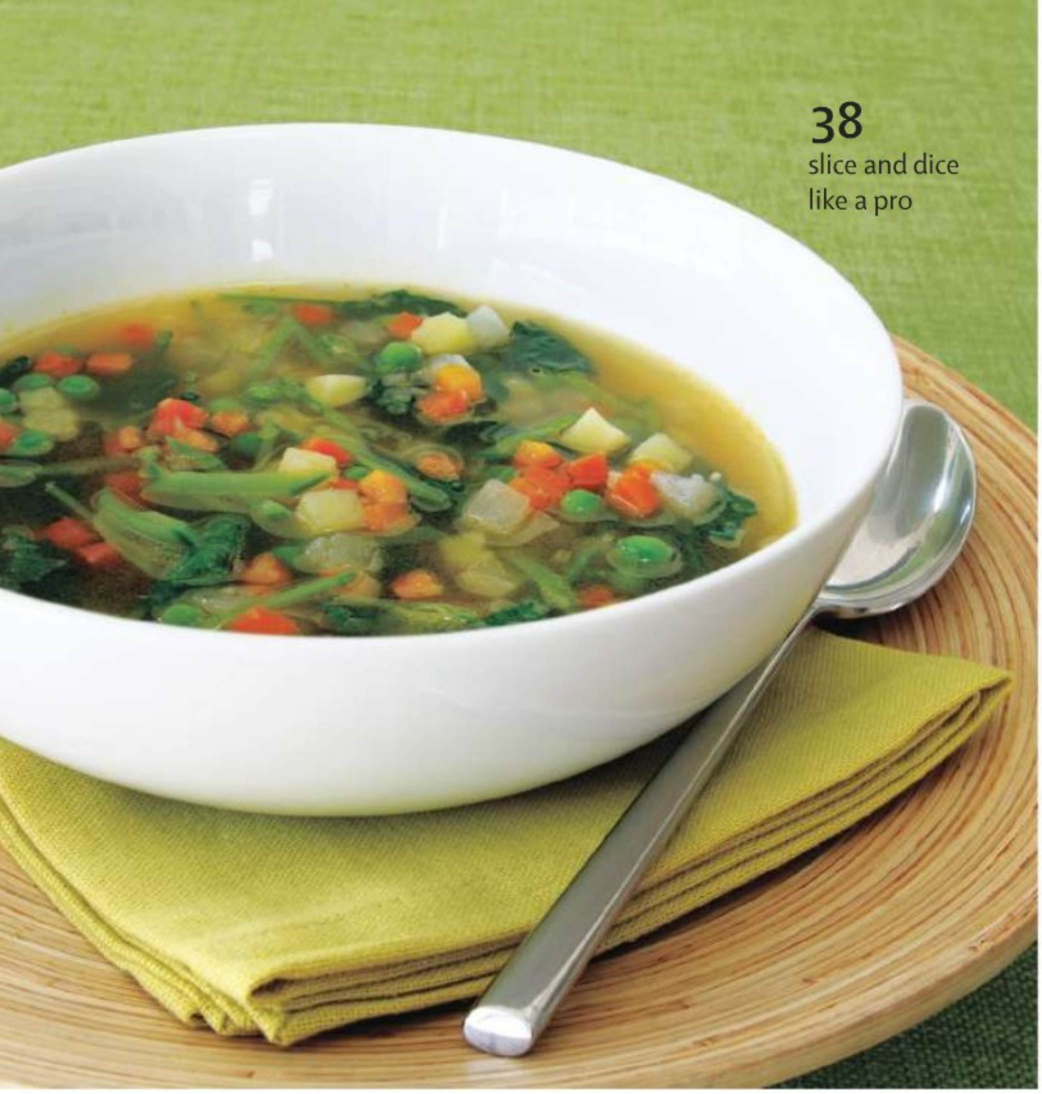

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dim sum delight

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

new

To make it easier for readers to see what's what in *VT* recipes, we've added easy-to-spot (V) and (GF) symbols to identify recipes that are vegan and gluten free. Look for them throughout this issue.

If you want the secret to stellar dim sum at home, here it is: let the professionals fill the dumplings.

Don't believe me? Ask my friend Ann. For as long as we've known each other, food in general, and dumplings in particular, have been a glue that's cemented our friendship. Ann took me out for my first dim sum lunch in Santa Monica more than 15 years ago, and we've been craving dumplings ever since. Even after Ann moved to New York City, our preoccupation with pot stickers endured. Over the years, we've blazed a hungry trail down Manhattan's narrowest Chinatown streets and put a serious dent in dim sum carts on both coasts.

This dumpling obsession reached a fever pitch in September 2008, when Ann decided to throw a "dumplings from around the world" potluck dinner. Friends from all over New York City promised to show up with the goods: Russian-style pierogi, Italian gnocchi, all-American apple dumplings, and much, much more.

Fired up to represent China, Ann hit the Asian market and loaded up on two kinds of rice paper wrappers and an assortment of exotic mushrooms, oils, and vinegars.

Me? I bought a plane ticket and was appointed Ann's party deputy. And that is how we found ourselves on the day of the potluck, fumbling for hours with uncooperative dough and multiple fillings, looking as frazzled as Lucy and Ethel on the candy factory assembly line.

I'm not saying that it wasn't fun or that the party wasn't a huge success—it was. I'm just saying that now we know better. We could have bought a comparably yummy array of dumplings at an Asian market, a restaurant, or even the supermarket (veg ones are widely available). We could have redirected our energy to creating a quartet of homemade dipping sauces, a couple of great veggie sides, and cute little almond tartlets for dessert.

If you'd like to try it the easy way, it's all mapped out for you in "DIY Dim Sum," on p. 72.

Elizabeth Turner

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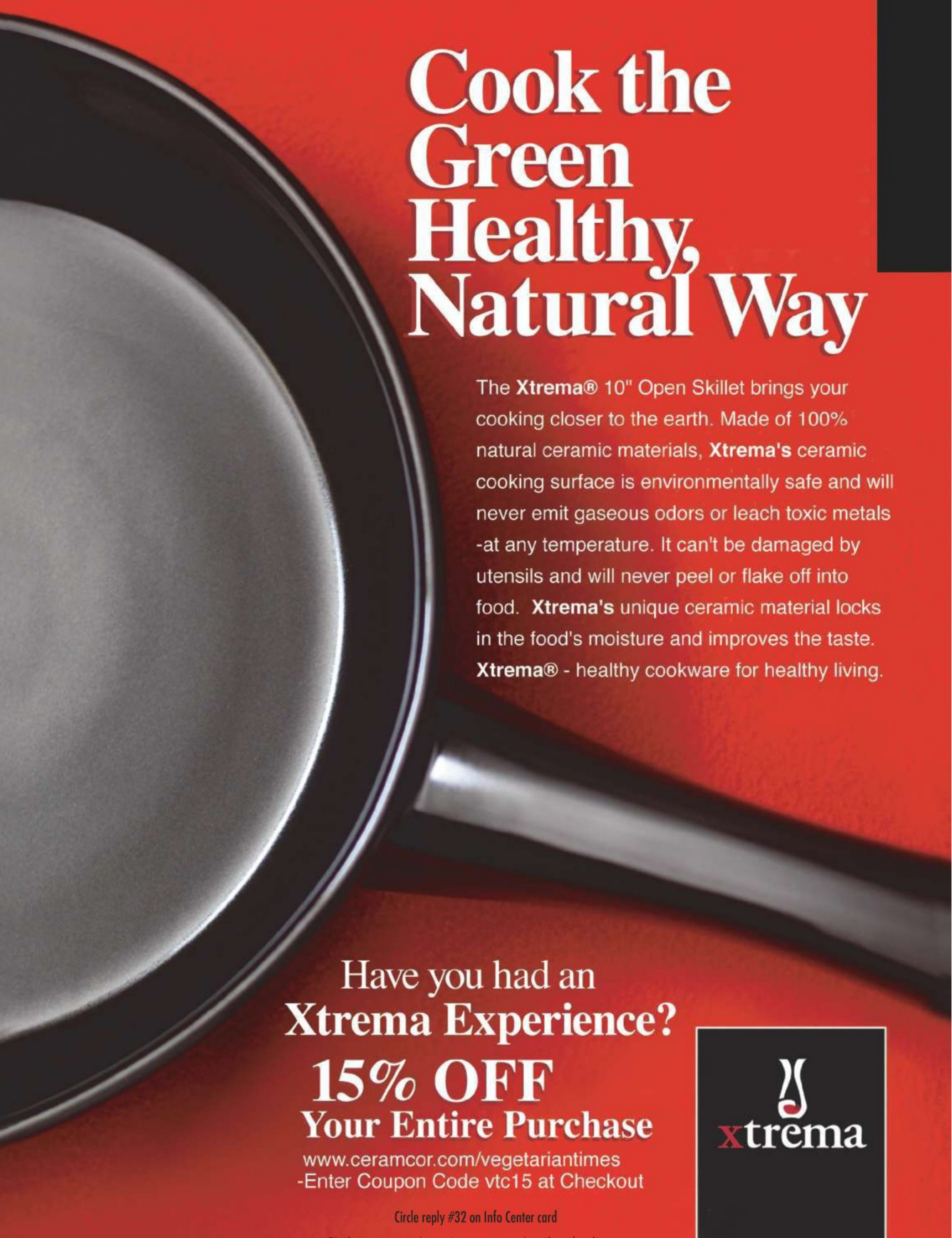

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contributors

Kate Jacoby and Rich Landau

Recipe Developers, "Spring Fling," p. 66

What did you discover while on this assignment?
Rich: I reconnected with "home-friendly" recipes. Restaurant recipes are very precise, sometimes complicated, and use equipment that home cooks don't have.
What's your favorite piece of cookware?
Kate: A flexible spatula.
Rich: A 12-inch stainless steel sauté pan.
What was your most memorable dining experience?
Kate: When we saw the sign "Rasta Ital vegetarian" at a roadside shack in Antigua, we slammed on the brakes. The food was in giant clay crocks, and we asked for a little of everything. We still remember those haunting aromatic flavors!
Write your memoir in six words:
Rich: I wondered if it was possible.
Kate: Raised the bar for vegan restaurants.

Viviane Bauquet Farre

Writer, Recipe Developer, "Chop, Chop," p. 38

Who or what inspires you most?
When I meander around my farmers' market and see baskets full of just-picked veggies and fruits, I dream of recipes. Fruits and veggies are my inspiration. I simply cannot imagine a more versatile and delicious palette to work with. My only role, as I see it, is to honor their essence to the fullest.
What's your most treasured family recipe?
Funnily enough, I don't make any of my childhood recipes. But I do have very fond memories of making tropical fruit jams with my grandmother.
What's your favorite grocery splurge?
Truffles! (And I don't mean the chocolate kind.)
What's your favorite piece of cookware?
The nonstick Scanpan. I've never cooked with a better pan.

Kim Wong

Prop Stylist, "DIY Dim Sum," p. 72

Who or what inspires you most?
My dad. He's an artist, and though he's well into his 90s, he still manages to be creative and enjoy the simple things in life.
What's your favorite grocery splurge?
Expensive but delicious olive oil.
Are you a flinger or a measurer?
I start out as a measurer, but sometimes my imagination gets the best of me and I become a flinger. Sometimes with *not* the best results!
What's your No. 1 pantry staple?
Dried shiitake mushrooms and a mix of three different brown rices.

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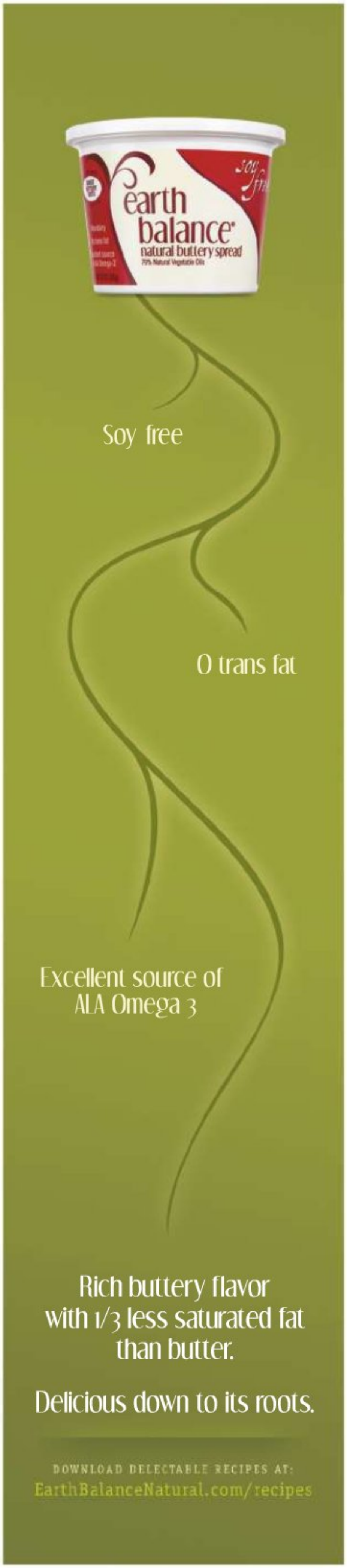

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letters

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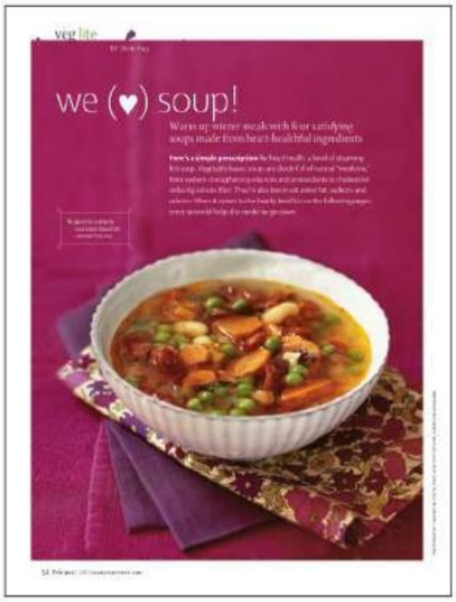
Thank you for using environmentally responsible and sustainable production practices in your publication. I learned about *VT*'s commitment to the environment through Green America's "Magazine Paper Heroes" list, and I wanted to recognize your accomplishment.
I appreciate your dedication and commitment to protecting forests and creating a more sustainable environment.

KRISTINE MCKINLEY | MODESTO, CALIF.



THE SPICE IS RIGHT?

For the Tofu Scramble Brunch Ring (Easy Entertaining: "No-Brainer Brunch," January, p. 50), the caption says ground turmeric is "the Indian saffron," but this is not correct. First, both turmeric *and* saffron are used in Indian cooking. Second, while both spices lend food a bright yellow hue, they are not interchangeable. Saffron is a sweet spice, used mostly for desserts; turmeric is savory. To confuse the two would be like replacing basil with cinnamon in a Western recipe.

SHVETA THAKRAR | VIA E-MAIL

Editor's Note: We asked Madhu Gadia, author of *The Indian Vegan Kitchen*, to weigh in on this. Here's what she said:

Some people have called turmeric the "Indian saffron," but Indians would never do that. Although turmeric and saffron may be interchanged occasionally, each spice imparts its own unique flavor to Indian dishes. Saffron is primarily used in desserts due to its flavor and costliness, but it can also be used in savory dishes. Turmeric is much more versatile, inexpensive, and readily available. It is used in both savory and sweet dishes and doesn't (typically) change the flavor of the dish.

LIFE-SAVING SOUP

Thank you so much for February's Veg Lite ("We (♥) Soup!," p. 32). When I got a cold, I made the Minestrone with Sun-Dried Tomatoes and White Beans (p. 33). I could barely smell anything, but fortunately, I could still taste, and it was delicious. Thank you for making it easy to be vegan in college.

GINA LAUTERIO | VIA E-MAIL

tell *vt*

Which herbs will you grow this spring, and how do you plan to use them?

My kitchen garden is pretty extensive. Every meal begins with a trip and a snip outside my door. From mid-summer on, I look forward to filling my dehydrator so I can create my homegrown "herbs de Linda" (parsley, sage, rosemary, thyme, lavender); soup bundles (bay leaves, thyme, sage, parsley, rosemary); and Italian blend (basil and oregano) for use all winter. They're great for gifts, and the scent is unbelievable! —LINDA

I plant basil and lemon basil in the spring and use them throughout the summer for homemade pesto. I promise myself every year that I'm going to freeze enough to get me through the winter, but I never seem to have leftovers! —DENNIS

Cilantro! It goes in all my summer cooking. Of all the herbs in my garden, I'm always impatiently awaiting my cilantro. —EMILY

Mint is essential in my family recipe for vegetarian stuffed grape leaves, and tossed with parsley in tabbouleh. —MEAGAN

next question:

What is your most creative eco-cleaning trick?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

SHARE: Reader Recipe

Healthy Hot Cereal

MAKES 5 CUPS | 30 MINUTES OR FEWER

Judy Riley of Monterey, Calif., experimented with different grains to come up with a just-as-healthful alternative to steel-cut oats or oatmeal. "I love the texture as well as the taste of this combination, especially with the fruit, nuts, and coconut stirred in," Riley says.

CEREAL
- ⅔ cup amaranth
- ½ cup millet

TOPPINGS
- 2 Tbs. raisins or dried cranberries
- 2 Tbs. chopped apple
- 2 Tbs. chopped walnuts, almonds, or sunflower seeds
- 2 Tbs. dried shredded coconut
- 2 Tbs. ground flaxseeds or flaxseed meal
- Agave nectar, optional

1. To make Cereal: Bring amaranth, millet, and 4 cups water to a boil in large saucepan. Cover, reduce heat to medium-low, and simmer 25 minutes, or until all liquid has been absorbed.
2. To serve, ladle 1 cup Cereal into bowl, and top with 1 tsp. each of Toppings. Sweeten to taste with agave nectar, if using.

PER 1-CUP SERVING: 221 CAL; 7 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 36 G CARB; 0 MG CHOL; 8 MG SOD; 5 G FIBER; 4 G SUGARS V GF

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THIS. JUST. IN.

EDITED BY Amy Spitalnick

Need-to-know info about your health, diet, mind, body, and the world you live in

PEAK SEASON

green garlic

Surprise your taste buds this season with the distinctive bite of green garlic. Milder tasting than the mature plant with its pungent cloves, this youthful garlic pokes its head out in early spring, and is a must-buy at farmers' markets.

MARYELLEN BAKER/GETTY IMAGES

HOW TO SELECT AND STORE With its bright green stalk and milky white bulb, green garlic can easily be mistaken for a plump scallion, though its purple streaking gives it away. Look for stalks that are bright green, and avoid those that are damaged or yellowing. Stalks can be refrigerated for up to three days.

PREP TIPS You can enjoy green garlic raw or cooked, but either way you'll want to mince it fairly fine. Both green and white parts can be used. Just be sure to rinse well, trim off the roots, and remove and discard the tough outer leaves before preparing. You'll find that sautéing brings out the sweetness of this young plant.

TRY THIS!

- Top a baked potato with raw or sautéed green garlic.
- Toss into salads raw.
- Use raw in pesto, aïoli, or chutneys.
- Add liberally to the cooking pot when preparing tomato- or cream-based sauces.

—MONICA BHIDE

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[TASTE TEST]

TAKE A DIP

Searching for a savory snack that'll help get more veggies into your day? A crowd-pleasing hors d'oeuvre for a spring celebration? Give these select toppers a try.

—ANNA MONETTE ROBERTS

	SUPER SPREAD	CHOICE CHARACTERISTICS	SHOPPING INFO
	Cedar's Naturally Delicious Artichoke Spinach Hommus	Bursting-with-flavor morsels of artichoke hearts and greens	$3.29/8 oz.; cedarsfoods.com
	Cowboy Caviar Black Olive Mediterranean Style	Harmony of salty olive bits and caramelized veggies	$5.50/9 oz.; zspecialtyfood.com
	Nayora Baba Ghannouj	Light texture plus smoky accents	$2.75/8 oz.; nayora.com
	Delallo Sun Dried Tomato Bruschetta	A tangy wake-up call for toast	$9.98/10 oz.; delallo.com

NATURAL Rx

Problem: Irritable Bowel Syndrome

Solution: Psyllium seed husk

The scoop: Did you know that your choice of fiber could help quiet an irritable bowel? A study in the *British Medical Journal* found that soluble psyllium fiber from the shrub-like herb *Plantago ovata* helped ease abdominal pain in IBS patients. "The soluble fiber in psyllium forms a gel-like substance in the gut and slows down food transit," says Canada-based nutritionist Desiree Nielsen, RD. "This may be particularly beneficial in people for whom diarrhea is a primary IBS symptom."

What to look for: Ground or powdered psyllium husk. Take the recommended dose with 8 ounces of water every day for a week to observe any effects before adding more fiber to the diet, advises Nielsen.

—LINDA MELONE

TRY: Yerba Prima Psyllium Husks Powder, $10.95/12 oz., yerba .com (shown); Frontier Bulk PsylliumHusk Powder, certified organic, $21/16 oz., frontiercoop.com

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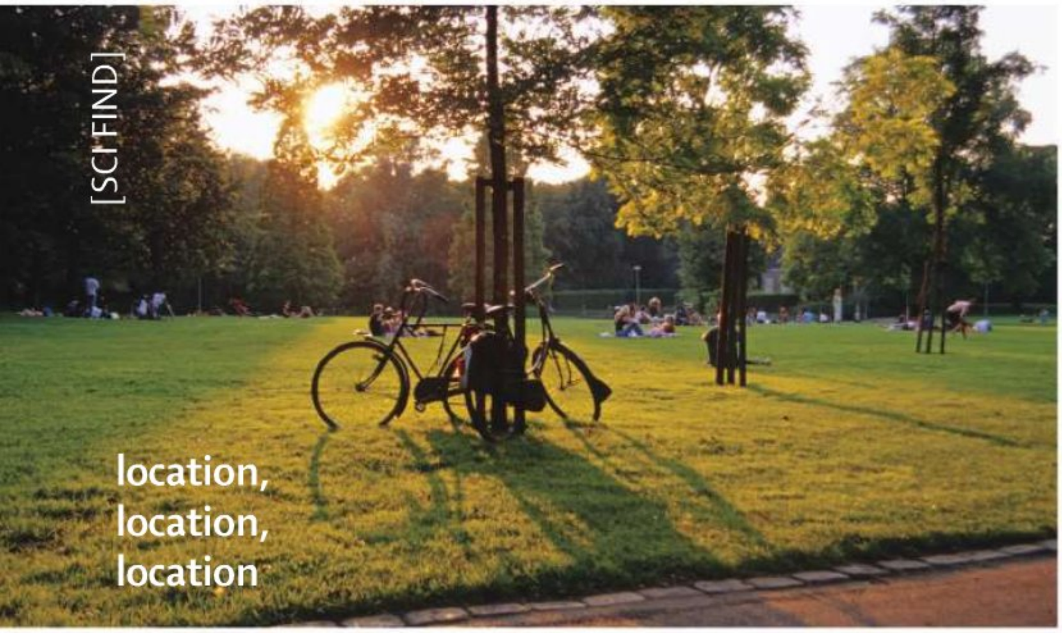

location, location, location

Forests, meadows, and parks may be just what the doctor ordered, suggests research in the *Journal of Epidemiology and Community Health*. Drawing on doctors' records, the researchers found a lower prevalence rate of illness (including coronary heart disease, diabetes, asthma, and migraines) in Dutch homes having more green space within a 1-kilometer (0.62-mile) radius. And because their research didn't consider gardens and street trees, it may even have underestimated the relationship between green space and health, the researchers say.

ECO MENAGERIE In solidarity with Earth Day, each toy in the MyNatural Jane Goodall Wild Animal Collection is made from unprocessed, unbleached cotton and dyed in a nontoxic bath of plant- and mineral-infused soy water. Plus, a portion of sales benefits the Jane Goodall Institute, a nonprofit founded by the pioneering naturalist to help protect primates and their habitat. The collection includes a hippo, elephant, crocodile, and gorilla (shown). $9.99 each; mynaturaltoy.com

what we're eating too much of this month

VT staffers eagerly snatched up handfuls of **GrandyOats Organic Goji Agave Granola**. All agreed that the bounty of sunflower seeds makes this crunchy treat snackier, and less candified, than the competition. The reusable, BPA-free container earns it bonus points. $4.99/13 oz.; grandyoats.com

LEAN & GREEN

[Q&A]

Mark Bittman, 60, food columnist for *The New York Times* and author of *Food Matters: A Guide to Conscious Eating*, offers up a vegan-before-6 p.m. (VB6) lifestyle to help Americans achieve a sustainable diet.

Q You advocate moving away from eating animal products since this could help curb the effects of global climate change, as well as help people lose weight and reduce the risk of certain chronic diseases. What has VB6 done for you?

A I've lost about 35 pounds, lowered my blood sugar and my cholesterol, and made my sleep apnea disappear.

Q Can you explain why meat and other animal products are unsustainable?

A The world's current consumption levels will have us raising 120 billion animals a year by 2050. This number would require using more land for agriculture than exists. And even if we could pilfer the land or [devise] technology to achieve this, it's unlikely the atmosphere, land, and water could handle it.

Q What else is key to this new way of eating?

A Cooking your own food and staying away from crap. A lot of [packaged] foods sold in grocery stores are stripped of their nutrients and fortified to try to make up for it. Preparing and eating your own food is the only way to ensure the quality of what's going into your body.

—GABRIELLE HARRADINE

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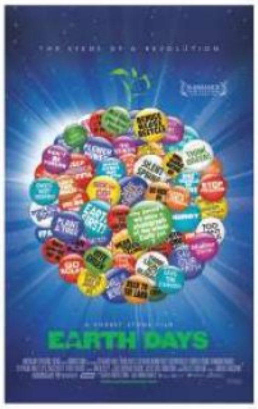
ILLUSTRATION: GENEVIEVE SIMMS

Rainy Day Savings

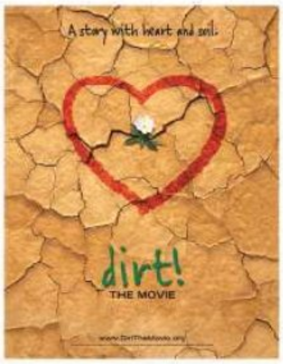
Recycle Mother Nature's April showers with the aid of a rain barrel, and you'll not only grow your May flowers—you can also water your lawn, vegetable garden, or houseplants, even wash the car with the raindrops you harvest. And you'll be helping out Mother Nature too. "As it rolls down your driveway or yard, rainwater collects bacteria from pollutants like asphalt, animal waste, and pesticides," says Julian Duval, president and CEO of San Diego Botanic Garden. Those pollutants can be carried into the storm water system, which may empty into lakes or rivers. But if you catch all that "free" water before it's polluted, you benefit the Earth as well as your wallet. Some municipalities provide rain barrels for free, or at a discount; check with your local water department about available programs and incentives. Learn more, including all about easy installation, at rainbarrelguide.com. —GINA ROBERTS-GREY

[MEDIA WATCH]

TUNE IN Dual documentaries showing this April on public television highlight the intimate relationship between the planet's health and well-being and our own:



EARTH DAYS • APRIL 19
Explore the origins of Earth Day with such pioneering activists as *Whole Earth Catalog* creator Stewart Brand. Their witness, along with the film's stunning imagery, can inspire us all to keep the home fires burning clean and bright on planet Earth.



DIRT! THE MOVIE • APRIL 20
Soil is very much alive. Cherished as necessary to our sustenance by environmentalists, including Edible Schoolyard founder Alice Waters, it's celebrated in this engaging film as a resource that doesn't get near enough respect.

[GREEN TIP]

Toothpaste does double duty as a polish for your silverware, cutlery, and metal cooking pots. [Source: *Do One Green Thing: Saving the Earth Through Simple, Everyday Choices*, by Mindy Pennybacker]

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BY Elizabeth Barker

HEALING HEMP

In time for Earth Day, green your beauty routine with this sustainable seed

One of nature's most versatile plants, fast-growing hemp requires far less water than competing crops and is naturally resistant to many pests. Lately, natural-beauty purveyors are harnessing hemp seed oil's exceptionally high essential-fatty-acid content in formulas designed to heal and hydrate. "Hemp seed oil acts as an emollient, softening the skin and protecting it from damage," says *Natural Skin Care* author Joni Keim. "And its anti-inflammatory effects can be helpful for people with blemishes and conditions like eczema."

1. Sugar-cookie-scented **Earthly Body Glow Oil** ($15.99/8 oz.; earthlybody.com) features coconut, apricot, and hemp seed oils.

2. Along with hemp seed oil and organic aloe vera gel, **Jason Hemp Hand & Body Therapy** ($9.45/8 oz.; jason-natural.com) remedies parched skin with extracts of lavender, chamomile, and marigold.

3. **The Healing Seed Facial Cleanser** ($12.75/4 oz.; healingseed.com) is loaded with skin-beautifying botanicals, such as organic green tea extract and licorice root, in addition to hemp seed oil.

4. For a styling aid that leaves your hair shinier and healthier, treat your tresses to hemp seed–and–avocado oil–infused **Alterna Hemp Texturizing Glaze** ($18/5.1 oz.; amazon.com).

5. Your in-shower solution to dry skin, **Nature's Gate Hemp Velvet Moisture Body Wash** ($7.49/18 oz.; natures-gate.com) works up a luscious lather rich in hemp seed oil, shea butter, and sweet almond oil.

6. Made fresh to order, each bottle of **Olive's Organic Botanicals Facial Replenisher Serum** ($36/0.5 oz.; olivesorganicbotanicals.com) serves up a blend of rejuvenating oils, including avocado and pomegranate as well as nourishing hemp seed.

PHOTOGRAPHY Maryellen Baker STYLING Michelle Weaver

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RECIPES BY Mary Margaret Chappell

by special request …

1 short shopping list, 5 great meals

Hi *VT*,

I am a longtime subscriber and the mother of a young child. This past week, I chose four of your recipes and took my son to the market to pick up the ingredients. Trouble was, I wound up with a two-hour shopping trip to buy all the different ingredients and a restless toddler who just about tore off my arm!

My request: can you provide several recipes that share many of the same ingredients? This would be so convenient.

—Caroline Felix, Big Bear, Calif.

Dear Caroline,

The following recipes call for the same basic ingredients—plus a few easy-to-find or already-on-hand items. Give them a try, and let us know what you think.

—Mary Margaret Chappell, Food Editor

PITA QUESADILLAS WITHCILANTRO HUMMUS, p. 24

PHOTOGRAPHY: PORNCHAI MITTONGTARE; FOOD STYLING: BASIL FRIEDMAN; PROP STYLING: AMY PALIWODA

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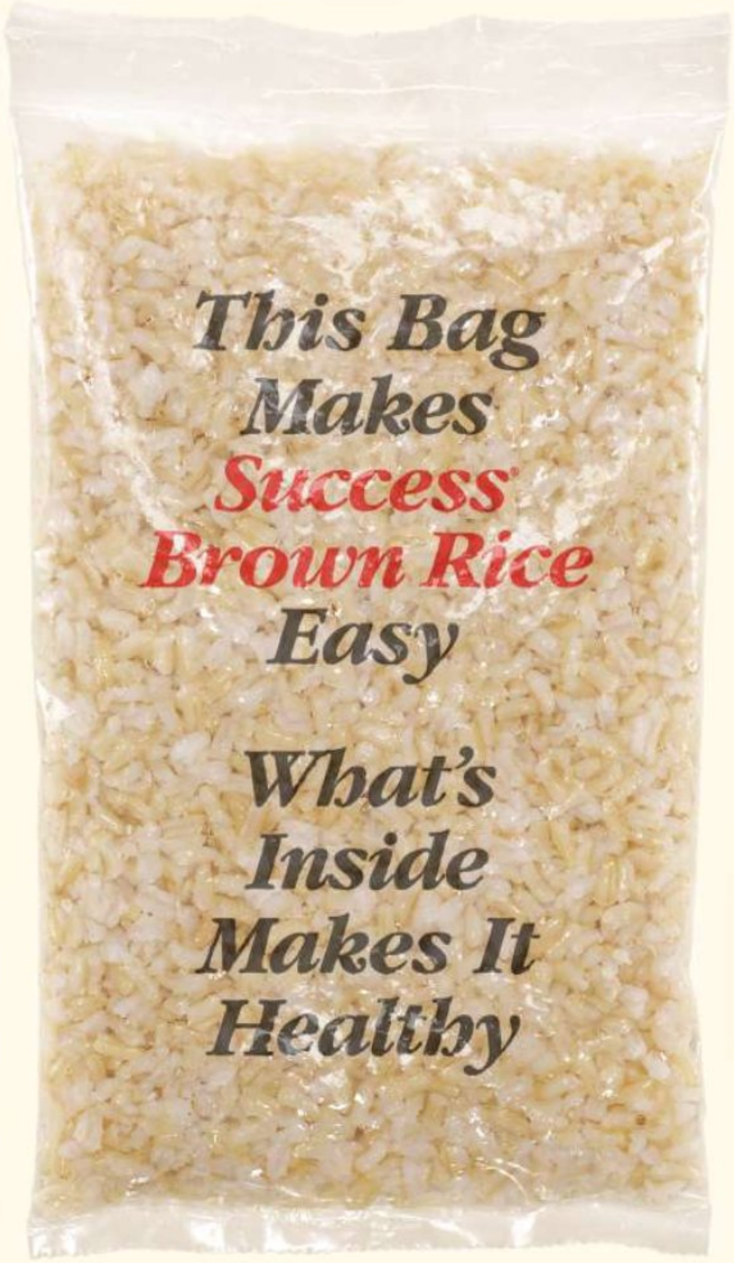

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5 essentials You'll be amazed at all you can do with these simple ingredients.

Diced tomatoes

Leeks

Chickpeas (dried or canned)

Baby spinach

Red bell peppers

Pita Quesadillas with Cilantro Hummus

SERVES 8 | 30 MINUTES OR FEWER

There's no need for cheese when you use cilantro-laced hummus to hold pita quesadillas together. Serve with salsa.

HUMMUS

- ½ cup cilantro leaves
- 2 cloves garlic, peeled
- 1½ cups cooked chickpeas (or 1 15-oz. can, rinsed and drained)
- 2 Tbs. lime juice
- 2 Tbs. olive oil

QUESADILLAS

- 4 7-inch whole-wheat pitas, split crosswise
- 4 jarred roasted red bell peppers, drained and sliced into strips
- 1½ cups baby spinach leaves

1. Preheat oven to 350°F. To make Hummus: Process cilantro and garlic in food processor until chopped. Add chickpeas, lime juice, oil, and ¼ cup water; purée 3 minutes, or until creamy.
2. To make Quesadillas: Place 4 pita halves on baking sheet. Spread each with ½ cup Hummus. Top with peppers, spinach, and remaining pita halves. Bake 10 minutes, or until crisp. Cut into triangles, and serve.

PER SERVING (½ QUESADILLA): 193 CAL; 7 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 32 G CARB; 0 MG CHOL; 393 MG SOD; 6 G FIBER; 4 G SUGARS V

Spaghetti with Chunky Tomato Sauce

Spaghetti with Chunky Tomato Sauce

SERVES 8 | 30 MINUTES OR FEWER

Finely chopped mushrooms give this healthful sauce a hearty texture.

- 8 oz. (2 cups) sliced white mushrooms
- 1 medium red bell pepper, cut into chunks
- 1 large leek, white part cut into chunks
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 Tbs. dried oregano
- 2 tsp. dried thyme
- ¼ tsp. red pepper flakes
- 2 15-oz. cans diced tomatoes
- 1½ cups cooked chickpeas (or 1 15-oz. can, rinsed and drained)
- ¼ cup red wine
- 8 cups baby spinach leaves
- 8 oz. spaghetti

1. Place mushrooms, bell pepper, and leek in bowl of food processor. Pulse until ingredients are coarsely chopped.
2. Heat oil in large saucepan or stockpot over medium-high heat. Add mushroom mixture and garlic, and season with salt and pepper, if desired. Cook 3 to 5 minutes, or until vegetables are softened and most of liquid has evaporated. Stir in oregano, thyme, and red pepper flakes, and cook 30 seconds, or until fragrant. Add tomatoes, chickpeas, and wine, and season with salt and pepper, if desired.
3. Cover, and simmer 20 minutes, stirring occasionally. Add spinach, and cook 3 to 5 minutes more, or until spinach has wilted.
4. Meanwhile, cook spaghetti according to package directions. Serve spaghetti topped with sauce.

PER SERVING (1 CUP SAUCE AND ½ CUP PASTA): 269 CAL; 10 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 46 G CARB; 0 MG CHOL; 383 MG SOD; 8 G FIBER; 8 G SUGARS V

PHOTOGRAPHY: MARYELLEN BAKER; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: MICHELLE WEAVER

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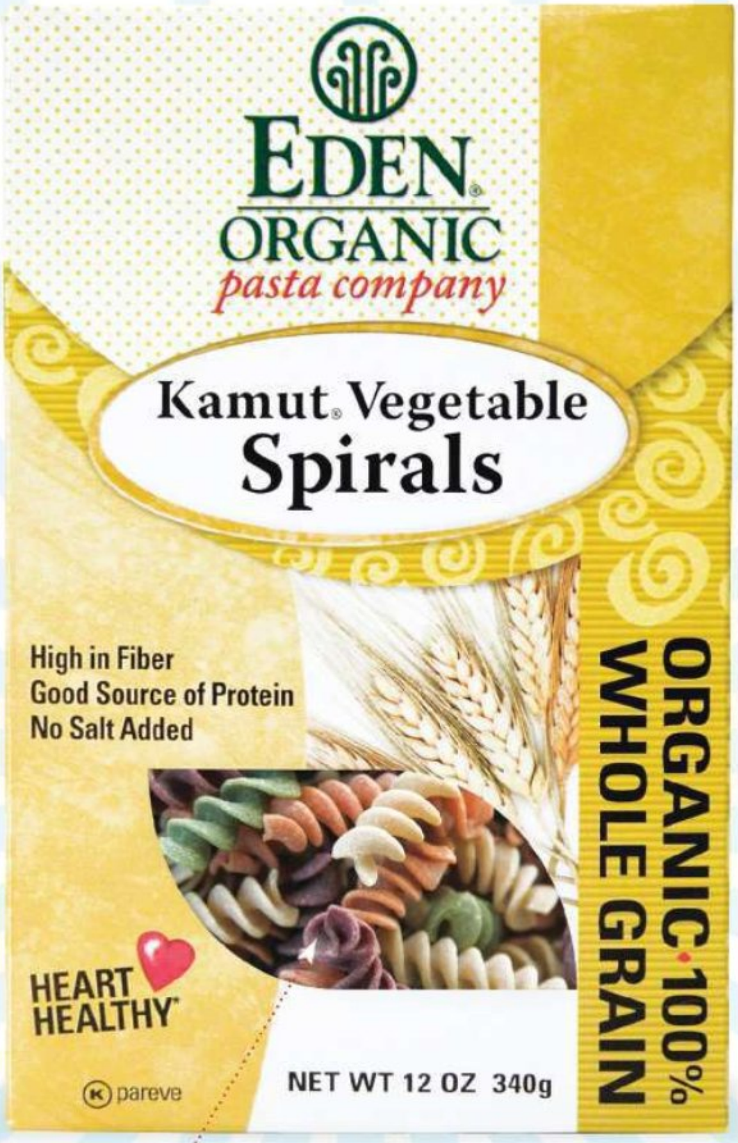

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Chickpea and Feta Salad

SERVES 8 | 30 MINUTES OR FEWER

Eat this salad the day it's made—otherwise, the spinach will wilt and turn soggy.

- 2 Tbs. lemon juice
- 1 Tbs. olive oil
- ½ cup minced leek (white part only) or red onion
- 2 cups baby spinach leaves
- 2 cups cooked chickpeas (or 1 15-oz. can, rinsed and drained)
- 2 medium carrots, grated (1 cup)
- ½ red bell pepper, finely diced (½ cup)
- ¼ cup toasted sunflower seeds
- 2 heads romaine lettuce, cut into ½-inch-thick ribbons
- 1 15-oz. can diced tomatoes, drained, optional
- ½ cup crumbled feta cheese
- Balsamic vinegar, for drizzling

1. Whisk together lemon juice and oil in bowl. Stir in leek, and season with salt and pepper, if desired. Set aside.
2. Roll 7 or 8 spinach leaves into tight cylinder, then slice into thin strips (see "How to Chiffonade" p. 42). Repeat with remaining spinach leaves.
3. Combine spinach, chickpeas, carrots, bell pepper, and sunflower seeds in large bowl. Stir in leek mixture, and toss to coat. Season with salt and pepper, if desired.
4. Divide romaine among 8 plates, top with chickpea salad, and arrange tomatoes around salad, if using. Garnish each serving with 1 Tbs. feta, and drizzle with balsamic vinegar.

PER 1-CUP SERVING: 175 CAL; 8 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 22 G CARB; 5 MG CHOL; 190 MG SOD; 8 G FIBER; 6 G SUGARS

Quick Moroccan Tagine

SERVES 6 | 30 MINUTES OR FEWER

Serve this spice-laced North African stew over bulgur, couscous, or rice.

SPICE BLEND

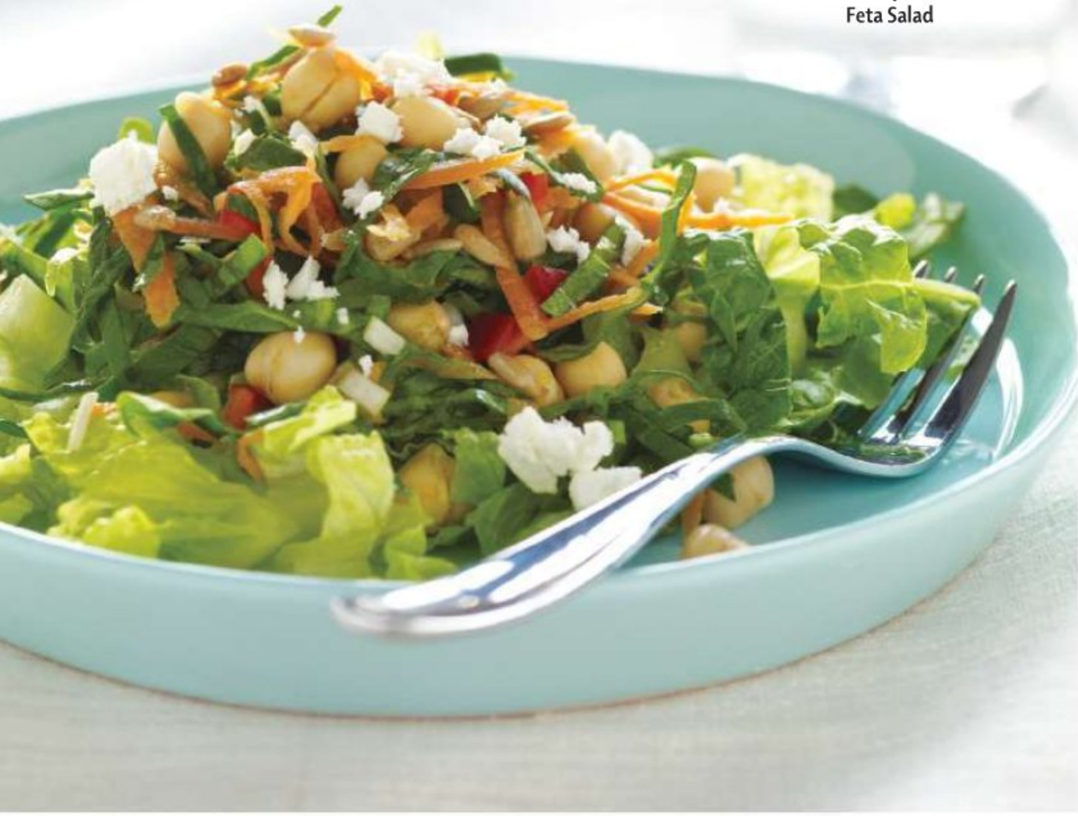
- 2 tsp. ground cumin
- 1½ tsp. sweet or smoked paprika
- 1 tsp. ground ginger
- ½ tsp. ground turmeric
- ¼ tsp. ground cinnamon

TAGINE

- 2 Tbs. olive oil
- 1 large leek, cut into 1-inch-thick rounds
- 1 medium red bell pepper, cut into 1-inch triangles
- 4 medium potatoes, peeled and halved
- 1½ cups cooked chickpeas (or 1 15-oz. can, rinsed and drained)
- 2 cloves garlic, minced (2 tsp.)
- 8 dried apricots, quartered
- ½ cup dry-cured black olives, optional
- ¼ cup chopped cilantro

1. To make Spice Blend: Combine all ingredients in small bowl.
2. To make Tagine: Heat oil in pot over medium-high heat. Add leek and bell pepper; sauté 3 minutes. Add potatoes, chickpeas, garlic, and Spice Blend; cook 30 seconds. Stir in apricots, olives (if using), and 2 cups water; season with salt and pepper, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and cook 20 minutes, or until potatoes are tender. Serve sprinkled with cilantro.

PER ⅔-CUP SERVING: 263 CAL; 8 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 46 G CARB; 0 MG CHOL; 145 MG SOD; 8 G FIBER; 10 G SUGARS



Chickpea and Feta Salad

Light Spring Supper Soup

SERVES 4 | 30 MINUTES OR FEWER

Even if you're low on the essentials, this soup lends itself to improvisation: onions can stand in for leeks, and any type of beans can be used in place of chickpeas.

- 1½ cups cooked chickpeas (or 1 15-oz. can, rinsed and drained)
- 1 large leek, sliced (1½ cups)
- 3 cloves garlic, minced (1 Tbs.)
- 8 cups baby spinach
- 1 15-oz. can diced tomatoes, drained
- 2 Tbs. olive oil
- 2 Tbs. fresh lemon juice
- 4 thick slices country French bread

1. Bring chickpeas, leek, garlic, and 5 cups water to a boil in saucepan. Reduce heat to medium-low, cover, and simmer 5 minutes. Add spinach, tomatoes, and 1 Tbs. oil; simmer 10 minutes. Remove from heat, and stir in lemon juice and remaining 1 Tbs. oil. Season with salt and pepper, if desired.
2. Place 1 bread slice in bottom of each of 4 soup bowls. Ladle soup over top.

PER 1-CUP SERVING: 312 CAL; 11 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 48 G CARB; 0 MG CHOL; 576 MG SOD; 10 G FIBER; 8 G SUGARS

PHOTOGRAPHY: PORNCHAI MITTONGTARE; FOOD STYLING: BASIL FRIEDMAN; PROP STYLING: AMY PALIWODA

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- **1 organic lemon**
- **3 pounds (about 12) medium, firm ripe organic nectarines**
- **6 cups Florida Crystals® Organic Sugar**

Tip: Peeled organic peaches may be substituted for nectarines.

Grate the rinds of the oranges and lemon. Squeeze the juices and remove any seeds. Do not strain. Combine rinds and juices in a large heavy kettle or Dutch oven. Chop nectarines into citrus juices. Stir in sugar and bring to boil over medium heat, stirring often. Reduce heat and let simmer slowly until thickened, about 35 to 45 minutes. Stir frequently. (Do not cover.)

Ladle into hot, sterilized canning jars, leaving 1/4-inch headspace. Place lids on jars and tighten screw bands. Place jars on a rack in a pot of simmering water, making sure jars are completely covered by water. Bring to a rolling boil. Boil for 15 minutes; cool. Carefully remove jars from water. Check for proper seal. (If lid pushes down, but springs up, jar is improperly sealed; reprocess immediately.) Store in a cool, dark place. Makes about 5 half-pints.

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BY Lisa Turner

use your noodle

How to choose the best gluten-free pastas for your recipes

First came the parade of pasta shapes (the National Pasta Association currently showcases 51 shapes on its Web site). The high-fiber, high-protein pasta explosion followed. But these days, semolina spaghetti and whole-wheat penne are relinquishing shelf space to gluten-free options that are worth trying—whether you're avoiding gluten or simply looking for a change of pace.

BUCKWHEAT

Tasting notes: Bold, nutty flavor with a chewy texture and firm, dense bite. Check the package carefully to make sure no wheat flour has been added.

Best shapes: Pick spaghetti and spirals; they hold their shape well and won't stick together.

How to use it: Serve with Asian-style sauces and stir-fries or cheese sauces that complement the buckwheat flavor.

Try: Orgran Buckwheat Pasta Spirals

CORN

Tasting notes: Reminiscent of popcorn; for best texture, choose a blend of corn-quinoa pasta.

PHOTOGRAPHY Maryellen Baker PROP STYLING Michelle Weaver

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Best shapes: Elbows, rotelle
How to use it: Add to baked pasta dishes, such as macaroni and cheese, or toss lightly with cream, cheese, or pesto sauces that complement the corn flavor. Avoid using in pasta salads because it can get tough when cooled.
Try: DeBoles Corn Elbow Style Pasta

POTATO

Tasting notes: Compact but tender texture and neutral flavor; look for brands that blend potato and rice or corn.
Best shapes: Long strands, such as fettuccine and spaghetti, that benefit from potato pasta's tenderness.
How to use it: Toss with light, brothy sauces that coat the strands and keep them from sticking together.
Try: bionaturæ Gluten Free Spaghetti

QUINOA

Tasting notes: Delicious whole-grain flavor; closest in texture to whole-wheat pastas.
Best shapes: Shells, rotelle, pagodas
How to use it: Top with spicy or bold-flavored sauces that stand up to the whole-grain flavor.
Try: Ancient Harvest Garden Pagodas

RICE

Tasting notes: Mild, neutral flavor; firm, somewhat grainy texture easily absorbs other flavors.
Best shapes: Choose firm shapes (e.g., penne, shells) that won't fall apart or turn gummy if overcooked.
How to use it: Serve with tomato-based sauces that stick to the noodles.
Try: Tinkyáda Organic Brown Rice Penne

Lisa Turner, a chef, food writer, and nutrition instructor, has tasted lots of different gluten-free pastas in her 25 years of professional experience.

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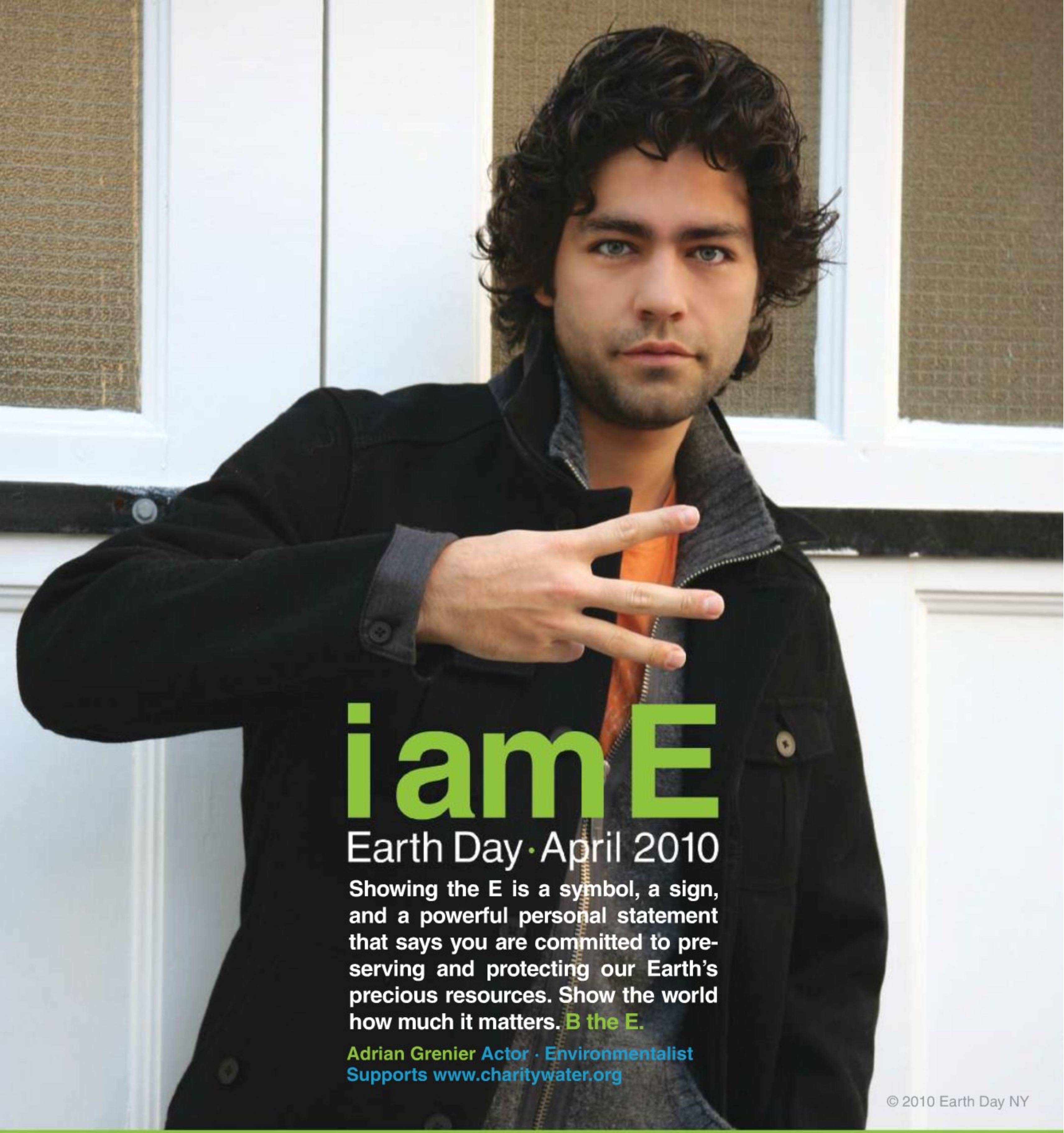

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vegetarian times

CHEFS' CHALLENGE

A challenge to the 2010 graduating classes of America's accredited cooking schools

THE CHALLENGE IS ON!

Hey, all you cooking school students! *Vegetarian Times* is looking for the culinary stars of 2010—budding chefs who can take their talent, skills, and culinary training and use them to create delicious vegetarian recipes.

If you're graduating from an accredited cooking school this year (January through December 2010), then you're eligible to enter the *Vegetarian Times* Chefs' Challenge recipe contest, sponsored by Green & Black's®.

Submit your recipe by May 1, 2010 and you could win $300 cash, a $100 American Express gift card, and an assortment of goodies, courtesy of Green & Black's®. What's more, winners will be featured in the magazine, which means a big, bright, glossy jump-start to a career in the culinary arts.

For entry details, log on to **vegetariantimes.com/chefschallenge**

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BY Neal Barnard, MD

plastic panic ...

Should you say no to BPA?

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Q What is BPA? And is it dangerous?

A *BPA* stands for bisphenol A, a chemical used in some hard, clear plastic products, such as reusable bottles, and in the resin that lines food and beverage cans. Manufacturers like to use BPA because it is tough and heat-resistant. They produce it in enormous quantities—more than 7 billion pounds annually, and increasing every year. Virtually everyone has been exposed to BPA, and most of us are exposed repeatedly each day, particularly from food and beverages.

Is it dangerous? Regulatory authorities are busy arguing that point. In the meantime, the U.S. Food and Drug Administration is supporting efforts to reduce BPA exposure, especially for children.

Very few studies have looked at BPA's effects in humans, but those that have are worrying. The first large human study of BPA exposure was published in the *Journal of the American Medical Association* in 2008. Researchers checked for traces of BPA in urine samples from 1,455 people. Those with higher levels were more likely to have heart disease, diabetes, and liver abnormalities. So far, though, no study has confirmed these findings.

A Chinese study presented evidence of hormone effects in

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humans. Published this past November in *Human Reproduction*, the study found that male workers in factories producing BPA (who were exposed to high levels of airborne BPA) had a higher incidence of sexual dysfunction, compared with men working in other factories. Erectile difficulties were reported in 16 percent of exposed men, compared with 4 percent of unexposed men. Many of the exposed men also reported loss of sex drive and other sexual problems. While sexual dysfunction is not life-threatening, the researchers viewed it as a sign that other hormonal problems—perhaps even cancer—might also be linked to BPA.

SHOP SMART

Want canned-food convenience in BPA-free packaging? Look for canned goods from Eden Organic, which has been using BPA-free cans since 1999. We also like Pomi chopped tomatoes, which come in BPA-free Tetra Pak cartons.

Q How much exposure is too much?

A This past December, *Consumer Reports* published test results for BPA levels in canned products. Nearly all the products tested contained traces of BPA. While each exposure from a food or drink is minuscule, these exposures occur very frequently.

Here's the problem: no one really knows how much exposure is safe, and there may actually be no safe exposure level. Exactly what defines a dangerous dose—one serving of canned foods, versus two or three—is not at all clear.

Q What can I do?

A Choose fresh or frozen foods over canned. Try cooking beans from scratch; it's easier than you think. If you reheat food in the microwave, use a glass container, not plastic. When buying plastic products, look for BPA-free options: Check the recycling label (the triangle made of three arrows with a number from 1 to 7 in the middle) on the bottom. Products with a 3 or 7 may contain BPA, unless they specifically indicate that the product is BPA-free.

While industry, government, and health advocates fight it out, my suggestion is to choose products that are free of BPA.

Neal D. Barnard, MD, lives in Washington, D.C., and cooks beans from scratch.

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THE VITAMIN CODE®

Is Your Multivitamin RAW?

There's a reason you don't see many multivitamins that are raw, and it's because creating one that is truly raw is a vexing proposition. In essence, what you're trying to do is create living nutrients that contain all of the co-factors normally associated with those nutrients—such as probiotics and enzymes—without the use of high heat, binders or fillers, as well as excess processing. It takes vision and intense dedication to deliver on such a goal. It takes a man like Endre "Andy" Szalay.

Szalay, a Hungarian-born pharmacist and researcher, devoted an astonishing 20 years of his life to perfecting a process that would become known as the Vitamin Code and lead to the creation of what is now known as RAW Food-Created Nutrients™. The story of how raw vitamins came to be is inspiring, but ultimately, it is the story of one man putting his career and future on the line because he believed that science—inspired by nature—would lead to a breakthrough that would change the way we think of vitamins and minerals.

Inspiration with a View

Andy Szalay was inspired by the view from his office. He needed only to look out his window to nearby farmland to marvel at the efficiency of nature. A degreed pharmacist with a strong background in biology, Andy knew that when a plant takes root, it reaches into the soil and pulls out inorganic mineral salts. When that same plant was exposed to sunlight, the leaves and fruit of that plant produced vitamins and minerals through its metabolic process.

Andy's breakthrough idea was simple. He wanted to mimic the same process in a laboratory setting, using inorganic vitamins and minerals and growing them within a simple plant, like food. Although simple in theory, the application took Andy more than 20 years to perfect. Once that happened, he quit his old job, opened a new company called Grow Company, Inc., and went to work unraveling the mysteries of RAW Food-Created Nutrients.

The Perfect Plant

Andy first started with what he considered to be the perfect single-cell plant, known as *Saccharomyces cerevisiae*, or brewer's yeast. Yes, we're talking about the same yeast that can be found in your local grocery store. As a simple, single-celled plant that was relatively easy to grow, Andy had found the perfect medium to start.

The next part was tricky and would become the first hurdle in realizing his dream of RAW food-created nutrients. He needed to find a way to add an elemental vitamin or

Beyond Vitamins & Minerals

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mineral to the brewer's yeast and actually cultivate it. His first attempts, however, ended in failure. He found that whenever he added an inorganic vitamin or mineral to the yeast mixture, it failed to pass through the cell wall of the yeast, or worse, killed the yeast altogether. It was the equivalent of spreading compost around a tomato plant and none of the nutrients making it into the plant.

Breaking the Protein Code

Andy's first "ah-ha" moment came after leaning on his science background. He knew that certain proteins easily passed through the cell walls of yeast. He hit upon the idea of attaching peptides, which are simply chains of amino acids, to the inorganic vitamins and minerals before introducing them to the yeast.

The idea paid off.

Working with a single vitamin, he repeatedly tried different peptides until he hit pay dirt. He found that when the right peptide was brought into the process, it escorted the vitamin through the cell wall of the yeast. Once there, the vitamin embedded into the yeast, and as the yeast grew, unique co-factors were created. These bioactive co-factors—such as enzymes, probiotics, glycoproteins and antioxidants—were inherent beneficial byproducts of the yeast's life cycle.

As with many such breakthroughs, this discovery was soon followed by an ominous realization. The peptide Andy used only worked with a specific vitamin. There was no "one size fits all" peptide. That meant that for each vitamin and mineral, Andy had to go through years of trial and error to find the *exact* peptide that worked for each vitamin or mineral.

But it was worth the effort. After several years of research, Andy was able to match each vitamin and mineral with the specific peptide that would allow it to grow within the yeast.

Most people would have stopped right there, but Andy also knew something else about nature that intrigued him. Simply stated, if you put two different plants into the same soil—say a tomato plant and a pepper plant—they would have different nutritional values, which is another way of saying they would have different levels of various vitamins and minerals.

VIT△MIN CODE® WOMEN BENEFITS†

Andy repeated the whole process he had used with yeast, only this time he used the probiotic *Lactobacillus bulgaricus*. Andy knew that by using a different growth medium, he could create a wider array of co-factors. In other words, the mineral selenium grown in yeast has different co-factors than selenium grown in *L. bulgaricus*. By growing each batch separately and then combining them after the growing process was complete, the widest possible array of co-factors was achieved, resulting in extreme nutrient synergy.

After several years, Andy had perfected the process. He had succeeded in growing RAW Food-Created Nutrients™, vitamins and minerals that contained various co-factors. It was only after he reviewed the process that he realized he had created something else.

In nature, the process of growing a plant happens without the input of outside chemicals or excessive heat and manipulation. Since the entire process occurred without the use of high heat, chemical additives, or binders or fillers, it meant that the vitamins and minerals were raw. The upshot is that 20 years in the making, Vitamin Code® RAW vitamins and minerals were finally a reality.

Beyond Organic

Often times, the best ideas are defined by what they *aren't*. In the case of the Vitamin Code multivitamins, this couldn't be truer. Vitamin Code multivitamins are uncooked, untreated and unadulterated. They contain no binders or fillers, and they are gluten and dairy-free with no soy allergens. Simply put, they are RAW.

They also contain a lot of what you *do* want: bioactive probiotics, enzymes, antioxidants and other "Code Factors™" that are missing from the majority of multivitamins available today.

Andy Szalay's ultimate goal was to create a way to "re-nature" nutrients and provide them for human nutrition in a form that was highly recognizable and usable by the body. Vitamin Code is Garden of Life's best effort to help see Andy's vision come to life and represents the next breakthrough in nutritional supplementation with RAW nutrient synergy you won't find in any other product.

vitamin angels

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BY Viviane Bauquet Farre

chop, chop!

Learn how to slice, dice, mince, and chiffonade like a pro

Professional chefs have no problem chopping veggies. But for home cooks, it can be another story. Does slicing have to be such a wrist-breaking chore? How finely should you mince basil? And what does "chiffonade" mean? The following pages tell you how to wield a knife with confidence—and precision.

ASPARAGUS AND OYSTER MUSHROOM GRATINS WITH SPINACH CHIFFONADE, p. 42

PIN DOT RAMEKINS, FROM CRATEANDBARREL.COM

WHAT YOU'LL NEED

For happy chopping every time, keep these tools at the ready:

Sharp 8- or 10-inch chef's knife The large blade allows smooth, regular movement, which results in clean cuts.

Large nonslip cutting board Perfect cutting requires a comfortable amount of room.

Bowl to transfer food to Clear the cutting board as you go to leave plenty of room for foods to be cut.

PHOTOGRAPHY Maryellen Baker FOOD STYLING Liesl Maggiore PROP STYLING Michelle Weaver

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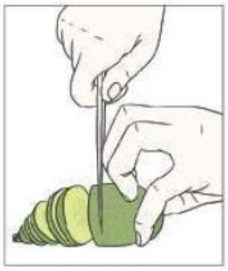
ESSENTIAL SKILL NO. 1: The Nice Slice



All chopping starts with slicing. Here's how to do it right:

1. Grip the knife handle with four fingers. Rest your thumb on top of the knife's bolster or spine.

2. Hold food with your other hand, knuckles bent and thumb tucked away. Use the knuckle nearest the nail of your middle finger as a guide—the blade of the knife will rest against it as you slice. This prevents nicks and cuts.

3. With the tip of the knife resting on the cutting board and the handle raised, move the knife down in a rocking motion to cleanly slice food. Repeat, moving the knife (not the food) as you slice.

Sliced Artichoke and Baby Arugula Salad

SERVES 8 | 30 MINUTES OR FEWER

Keep a jar or two of marinated artichoke hearts on hand in your cupboard and you can make this simple yet elegant salad at a moment's notice. Artichoke hearts are chewy and fibrous, so a sharp knife is necessary for clean slices.

VINAIGRETTE

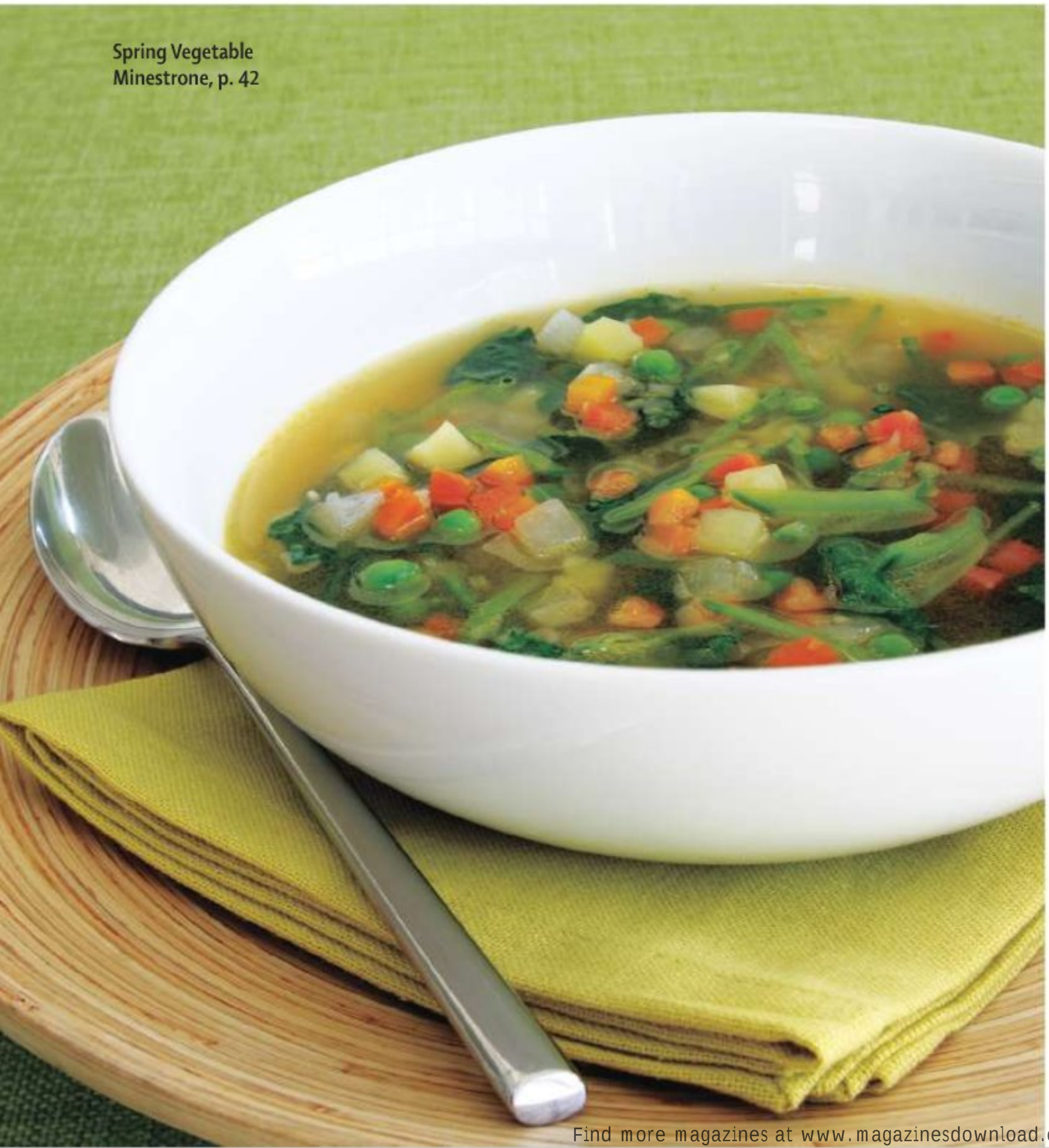
- 3 Tbs. olive oil
- 1 Tbs. aged balsamic vinegar
- 2 cloves garlic, minced (2 tsp.)

SALAD

- 8 cups baby arugula leaves
- 8 oil-packed artichoke hearts, drained, patted dry, and cut in ¼-inch slices
- ¼ cup sliced pitted kalamata olives, optional
- 2 cups grape tomatoes, halved
- ½ cup shaved Parmesan, optional
- 4 Tbs. chopped fresh chives

1. To make Vinaigrette: Whisk together oil, vinegar, and garlic in small bowl. Season with salt and pepper, if desired.
2. To make Salad: Toss together arugula, artichoke hearts, olives (if using), and Vinaigrette. Top with tomatoes, Parmesan (if using), and chives. Season with freshly ground black pepper to taste.

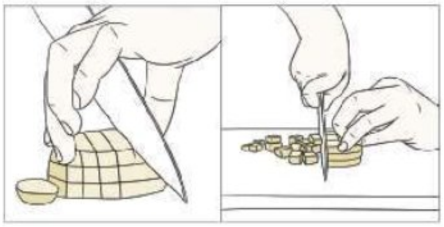
PER 1-CUP SERVING: 100 CAL; 3 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 9 G CARB; 0 MG CHOL; 168 MG SOD; 4 G FIBER; 2 G SUGARS GF



Spring Vegetable Minestrone, p. 42

BOWL, FROM TARGET

ESSENTIAL SKILL NO. 2: The Perfect Dice



No vegetable is perfectly square in its natural state, which can make cutting it into even cubes seem next to impossible. The solution? Create flat slices first (so food can't slip or roll), then cut into ¼-inch-thick strips, and dice. Here's how with a potato:

1. Cut potato lengthwise into ¼-inch-thick slices.

2. Stack 2 or 3 slices on cutting board, and cut lengthwise into ¼-inch sticks.

3. Slice sticks crosswise into ¼-inch dice. Transfer to bowl, and repeat as necessary.

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Spring Vegetable Minestrone

SERVES 8

The secret to success when making this light soup is to be sure all the vegetables are diced to the same size so they cook evenly. Feel free to substitute or add other fresh veggies, such as zucchini, celery, and corn.

- 3 Tbs. olive oil, plus more for drizzling
- 2 large shallots, finely diced
- ¾ cup dry white wine
- 3 large cloves garlic, minced (1 Tbs.)
- ⅛ tsp. cayenne pepper
- 3 medium carrots, peeled and cut into ¼-inch dice (1⅓ cups)
- 1 large Yukon gold potato, peeled and cut into ¼-inch dice (1⅓ cups)
- 2 medium young turnips, peeled and cut into ¼-inch dice (1⅓ cups)
- 4 cups low-sodium vegetable broth
- 12 Italian parsley sprigs
- 8 fresh thyme sprigs
- 2 bay leaves
- 10 oz. fresh or frozen shelled peas (2 cups)
- 4 oz. snow peas, stems trimmed and cut into ⅛-inch-wide slices (1 cup)
- 3 cups lightly packed spinach leaves (2 oz.)
- 2 Tbs. minced fresh tarragon, for garnish

1. Heat oil in saucepan over medium-high heat. Add shallots, and sauté 2 minutes, or until shallots begin to soften. Add wine, garlic, and cayenne. Simmer 4 minutes.
2. Add carrots, potato, and turnips, and sauté 1 minute. Add broth and 5 cups water. Tie together parsley sprigs, thyme sprigs, and bay leaves with kitchen twine, and add to soup. Season with salt and pepper, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes.
3. Stir in peas, snow peas, and spinach. Cover, and simmer 5 minutes more. Remove herb bundle, and discard. Season with salt and pepper, if desired. Ladle soup into bowls, sprinkle with tarragon, drizzle with olive oil, and serve.

PER 1½-CUP SERVING: 182 CAL; 4 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 19 G CARB; 0 MG CHOL; 94 MG SOD; 4 G FIBER; 7 G SUGARS V GF

Asparagus and Oyster Mushroom Gratins with Spinach Chiffonade

SERVES 8

Thin ribbons of fresh spinach add color and crunch to this hearty main dish.

- 2 lb. asparagus, trimmed
- 2 Tbs. olive oil, divided, plus more for brushing ramekins
- 4 oz. oyster mushrooms, torn into ½-inch pieces (1 cup)
- ¼ cup low-fat milk
- 2 large eggs, lightly beaten
- ¾ cup grated Gruyère or Swiss cheese
- 8 large spinach leaves
- 2 tsp. lemon-infused oil for garnish, optional

1. Preheat oven to 500°F, and place oven rack in top position. Toss asparagus with 1 Tbs. olive oil on baking sheet, and season with salt and pepper, if desired. Roast 9 minutes, or until tips begin to brown but stems are still green. Cool.
2. Heat remaining 1 Tbs. olive oil in skillet over high heat. Spread mushrooms evenly across skillet surface. Cook undisturbed 2 minutes, until mushrooms begin to brown. Toss, and spread evenly across skillet surface. Repeat 2 or 3 times until mushrooms are golden brown. Transfer to bowl.
3. Cut off asparagus tips; reserve. Place stalks in bowl of food processor. Add milk, and process 1 minute or until puréed. Transfer to bowl. Whisk in eggs and cheese, and season with salt and pepper, if desired.
4. Preheat oven to 375°F. Brush 8 4-oz. ramekins with oil. Fill prepared ramekins with egg mixture. Top with mushrooms and reserved asparagus tips. Bake 25 to 30 minutes, or until golden brown on top. Cool 5 minutes.
5. Stack 4 spinach leaves, and roll stack lengthwise into tight cylinder. Cut cylinder crosswise in fine slices. Repeat with remaining spinach leaves. Top each gratin with spinach chiffonade. Drizzle with lemon oil, if using.

PER GRATIN: 127 CAL; 7 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 4 G CARB; 65 MG CHOL; 72 MG SOD; 2 G FIBER; 1 G SUGARS GF

ESSENTIAL SKILL NO. 3:

Rollin' Chiffonade

Chiffonade is a way of slicing that turns leafy herbs and greens into fine, light-as-chiffon ribbons.

1. Stack 3 to 4 leaves flat on cutting board.

2. Roll leaves lengthwise into a tight cylinder.

3. Slice cylinder crosswise (using slicing technique) into fine (1⁄16- to ⅛-inch) ribbons.

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ESSENTIAL SKILL NO. 4: The Superfine Mince

No matter how proficient you are with a knife, simple slicing just won't suffice when you want to transform herbs, ginger, or garlic into fine bits. Here's how to finely mince a bunch of fresh herbs:

1. Make sure herbs are dry before you start. (Moist herbs tend to bruise and stick to the knife.) Place leaves in mound, and use slicing technique to coarsely chop.

2. Place knife in front of chopped herbs, with blade in contact with board. Rest your free hand flat on top of tip-end of the knife.

3. Without lifting knife tip off cutting board, rapidly move knife handle up and down, going back and forth over herbs until minced to desired fineness.

WEB EXTRA See chef Viviane Bauquet Farre's knife skills in action: visit vegetariantimes.com/chopchop for a helpful how-to video.

Sautéed New Potatoes en Persillade

SERVES 8 | 30 MINUTES OR FEWER

A *persillade* is a mixture of minced parsley and garlic that's often used to flavor simple Provençal dishes. Try stirring a persillade into the Spring Vegetable Minestrone (p. 42) instead of tarragon.

- 1 cup parsley leaves, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 2 lb. new potatoes (6 cups)
- 3 Tbs. olive oil

1. Combine parsley and garlic in mound on cutting board; mince until pieces are size of sesame seeds. Set aside.
2. Cook potatoes in boiling, salted water 8 to 10 minutes or until tender. Drain, and cool 10 minutes.
3. Cut potatoes into ½-inch-thick slices. Heat oil in large skillet over high heat. Add potatoes, and cook 2 minutes, or until beginning to brown. Stir, and cook potatoes 5 minutes more, or until golden brown on all sides, tossing 2 or 3 times. Season with salt and pepper, if desired. Add persillade, and sauté 30 seconds, or until fragrant, making sure not to let garlic brown.

PER ¾-CUP SERVING: 141 CAL; 3 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 0 MG CHOL; 82 MG SOD; 2 G FIBER; <1 G SUGARS V GF

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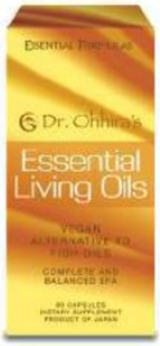

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But forty is when we begin to realize that the spring and summer of youth are over. We start to look for signs of the coming autumn. We search for that occasional grey hair. We wonder if that really is a little bulge beginning in our stomach and we weigh ourselves more often. Every rocket has its trajectory. It shoots upwards with limitless power, reaches an apex – hangs for a while and begins to decline.

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WHAT ABOUT OUR IMMUNE SYSTEM?

The air we breathe, the water we drink, the food we eat and the things we touch all contain untold billions of micro-organisms, viruses, pollutants, toxins and carcinogens – many of them potentially lethal. Yet most of us lead relatively healthy lives. The fact is that we have an astonishingly effective natural defense – our ***immune system***. However, like the rest of the body, the ***immune system*** deteriorates with age making it more susceptible to infections and degenerative diseases such as cancer, arthritis and so-called "old age" ailments. The current **AIDS** epidemic has made us realize that, if the ***immune system*** totally collapses, death is inevitable.

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Other danger areas, as we grow older, are the ***intestinal tract*** and the ***colon***. Here, nutrients are absorbed, vitamins manufactured and poisons dumped for disposal. The health of the body depends on the proper functioning of the intestines. A smooth flow must be maintained and a flora of ***"friendly" bacteria*** must remain present. Each portion of ***OVER 40***™ supplies a million or more units of the important bacteria ***"acidophilus"*** – the active ingredient in yogurt.

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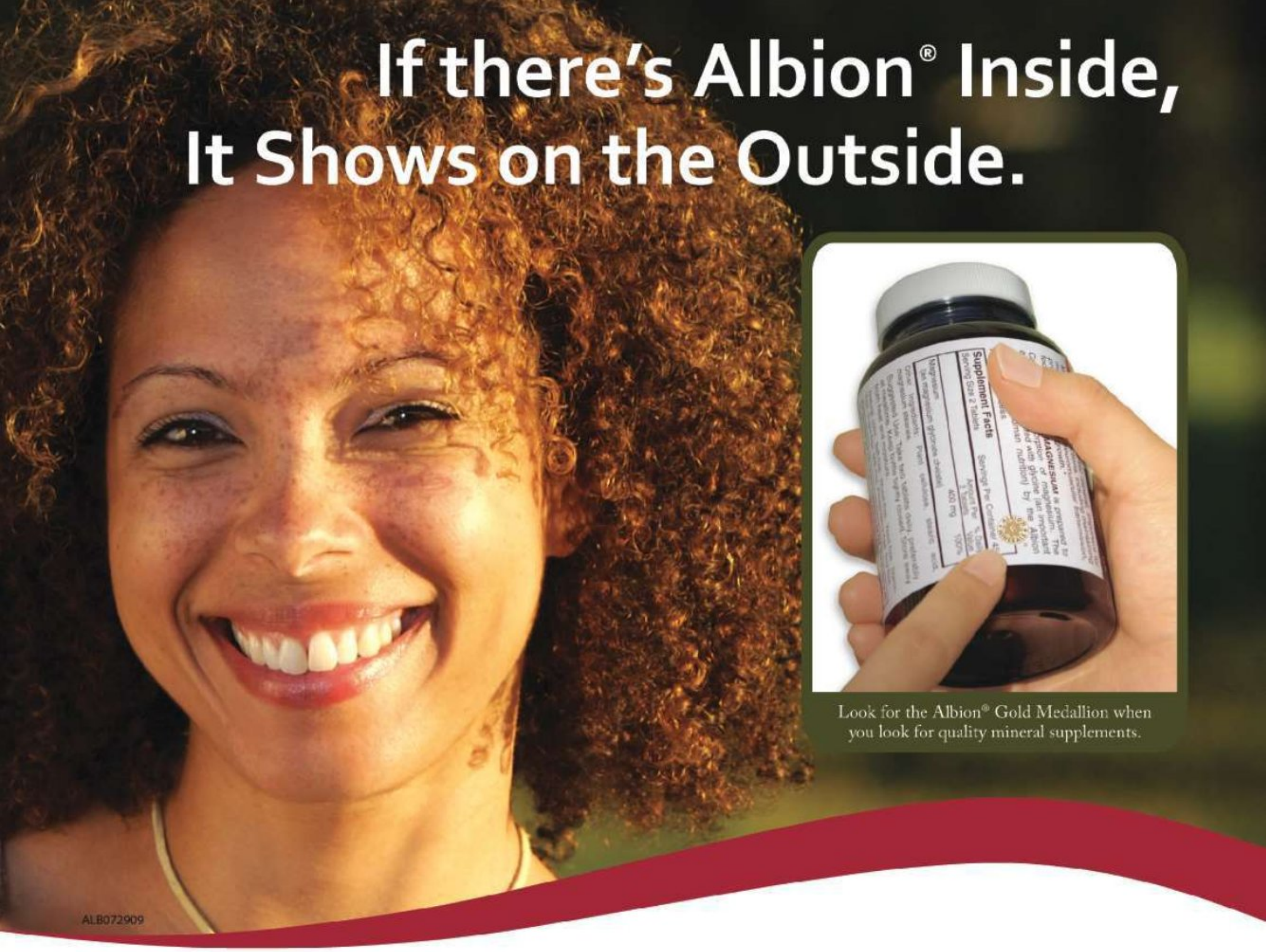

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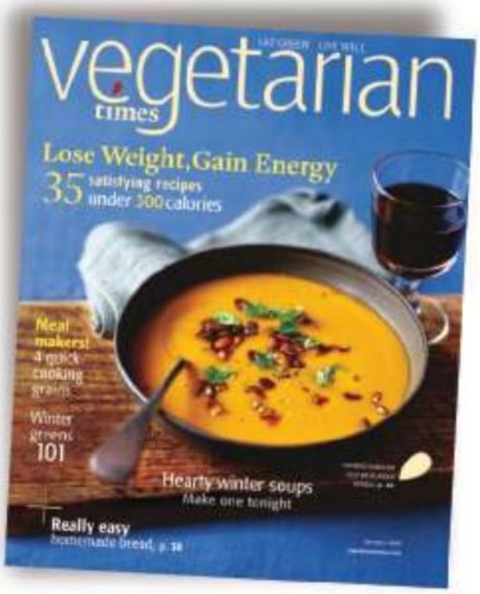

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BY Alison Ashton

GRAPEFRUIT CLAFOUTI, p. 51

sweetness & light

These four fab fruit desserts are laced with antioxidants and loaded with flavor

Dessert isn't the dinner course most people associate with healthful options. But when fruit is the star ingredient, dessert becomes an ideal way to slip extra antioxidants into your diet. From baked apples to a berry-studded buckle, these easy homemade treats let you sweeten the dessert deal with a dose of disease-fighting goodness.

PHOTOGRAPHY Beatriz Da Costa STYLING Pierre Riviere

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EXPIRES 07/31/2010

Baked Apples with Maple-Walnut Sauce

SERVES 8 | 30 MINUTES OR FEWER

Apples made the top 20 in a USDA list of foods with the highest antioxidant scores. The richest concentration of antioxidants is found in the fruit's skin, so this recipe calls for unpeeled apples. Halving the apples before baking them saves cooking time and lets the fruit soak up more of the sweet, cinnamon-laced juices.

- 4 large apples, such as Gala or Granny Smith, halved crosswise and cored
- 2 tsp. lemon juice, divided
- 2 Tbs. light or dark brown sugar
- ¼ tsp. ground cinnamon
- 1 cup maple syrup
- ⅛ tsp. salt
- ½ cup chopped toasted walnuts

1. Preheat oven to 400°F.
2. Brush cut sides of apples with 1 tsp. lemon juice. Arrange apples, cut sides up, in baking dish. Combine brown sugar and cinnamon in small bowl; sprinkle cut sides of apples with sugar mixture. Pour maple syrup in bottom of dish. Cover with foil, and bake 10 minutes. Uncover, and bake 15 minutes more, or until apples are tender. Transfer apples to serving platter.
3. Pour syrup and pan juices into small saucepan, and stir in remaining 1 tsp. lemon juice and salt; bring to a boil. Cook 2 minutes, or until sauce is thickened, whisking constantly. Stir in walnuts. Spoon sauce over apples, and serve warm.

PER SERVING (½ APPLE): 224 CAL; 1 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 47 G CARB; 0 MG CHOL; 42 MG SOD; 3 G FIBER; 39 G SUGARS V GF

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Grapefruit Clafouti

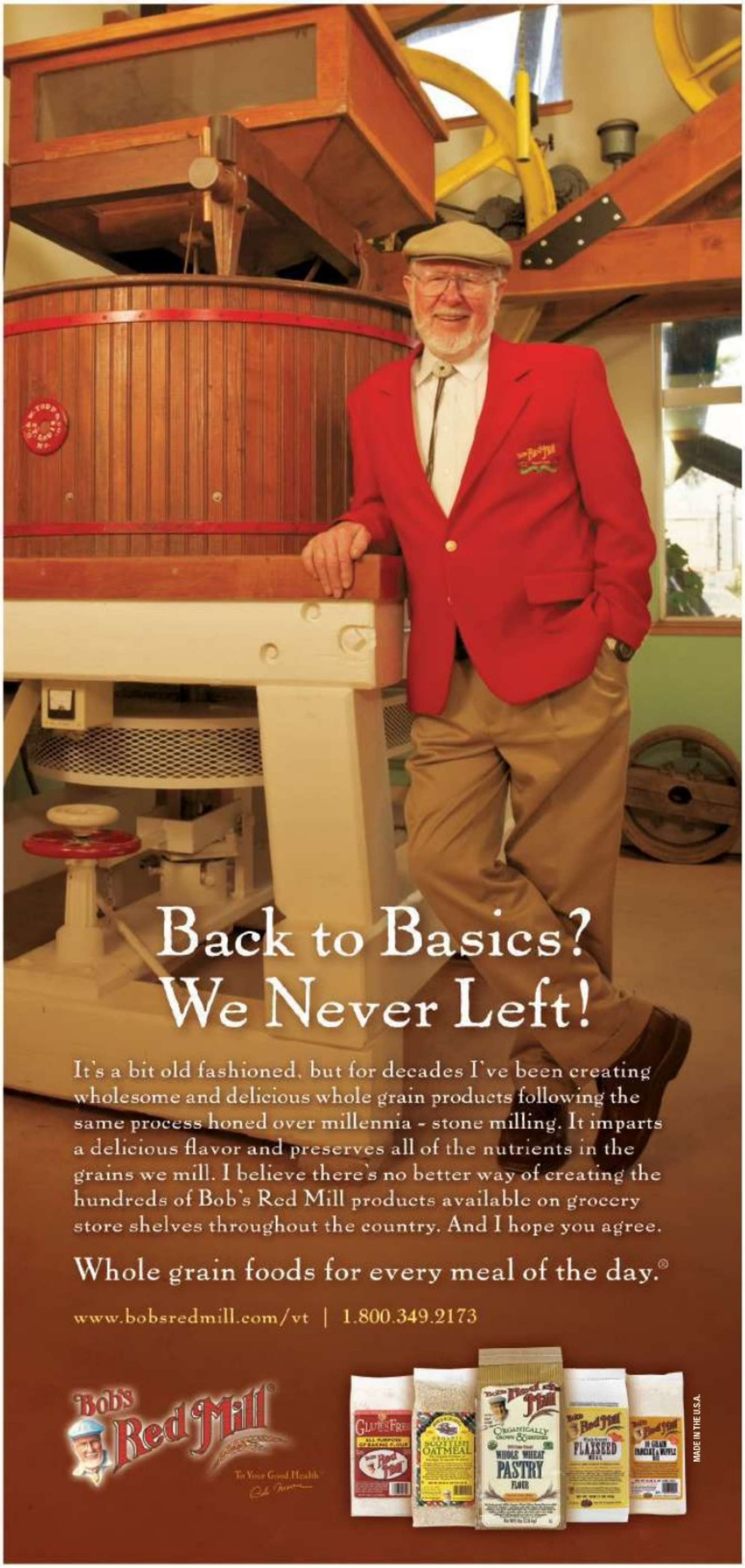
SERVES 8

Think pink when choosing grapefruit—the rosy hue is a sign of lycopene, a potent antioxidant (most often associated with tomatoes) that has been linked to heart health and cancer prevention. For weeknight ease, assemble the clafouti and let it stand at room temperature while you prepare dinner, then pop the dessert into the oven while you dine.

- 3 large eggs, lightly beaten
- ¾ cup sugar
- ¾ cup all-purpose flour
- 1 cup low-fat milk
- 3 Tbs. nonhydrogenated margarine or unsalted butter, melted
- ½ tsp. grated lemon zest
- ⅛ tsp. salt
- 2 small ruby grapefruit, or 1 small ruby grapefruit and 1 orange
- 1 Tbs. turbinado sugar

1. Beat eggs in large bowl with wire whisk. Whisk in sugar, then flour. Whisk in milk, margarine, lemon zest, and salt. Let stand 30 minutes at room temperature.
2. Cut ends off grapefruit, and stand on cutting board. Remove peel and pith around sides of grapefruit with serrated knife so pulp is visible. Take peeled grapefruit in one hand, and slice pulp segments away from fruit membranes with other hand. Repeat with remaining grapefruit.
3. Preheat oven to 350°F. Coat 10-inch ovenproof skillet or cake pan with cooking spray.
4. Arrange grapefruit sections in bottom of prepared pan, and pour batter over top. (Batter will not completely cover fruit.) Bake 30 minutes, then sprinkle turbinado sugar over top of clafouti. Bake 5 minutes more, or until clafouti is set and top is lightly browned.

PER SLICE: 214 CAL; 5 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 35 G CARB; 82 MG CHOL; 120 MG SOD; <1 G FIBER; 25 G SUGARS



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Mango Kulfi

SERVES 8

Kulfi is an Indian-style frozen dessert that's similar to ice cream but doesn't require an ice cream maker to prepare. This one's flavored with mangoes, a traditional kulfi ingredient that also happens to be packed with vitamin C and beta-carotene.

- 8 oz. frozen mango chunks, thawed
- 2 12-oz. cans fat-free evaporated milk
- 1 14-oz. can fat-free sweetened condensed milk
- ½ tsp. ground cardamom
- 1 small jalapeño chile, seeded and minced, optional

1. Place mango chunks in food processor or blender; process until smooth. Add evaporated milk, condensed milk, and cardamom; process until blended. Pour mixture into 1½-qt. metal container. Cover, and freeze 8 hours, or overnight.
2. Let stand at room temperature 10 minutes before serving. Garnish with jalapeño, if using.

PER ½-CUP SERVING: 225 CAL; 10 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 45 G CARB; 10 MG CHOL; 161 MG SOD; <1 G FIBER; 46 G SUGARS GF

Raspberry Buckle

SERVES 10

As this old-school American dessert cools, the top "buckles," which is how the treat got its name. Frozen or fresh, raspberries are an excellent source of heart-healthful, cancer-fighting polyphenols and anthocyanins.

- ¾ cup sugar
- ¼ cup (1 stick) nonhydrogenated margarine or butter, softened
- 1 tsp. vanilla extract
- 1 large egg
- 2 cups all-purpose flour
- 2 tsp. baking powder
- ⅛ tsp. salt
- ¾ cup nonfat milk
- 2 cups frozen raspberries
- 1 tsp. confectioners' sugar

1. Preheat oven to 350°F, and coat 9-inch round cake pan with cooking spray.
2. Beat sugar and margarine in bowl with electric mixer until pale and fluffy. Beat in vanilla, then egg. Whisk together flour, baking powder, and salt in separate bowl. Alternate adding flour mixture and milk to batter. Fold in raspberries. Spread batter in prepared pan.
3. Bake 45 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Unmold, and cool. Sprinkle with confectioners' sugar.

PER SLICE: 217 CAL; 4 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 39 G CARB; 22 MG CHOL; 202 MG SOD; 2 G FIBER; 17 G SUGARS

Alison Ashton is a Los Angeles–based freelance writer and recipe developer who believes there should always be room for dessert.

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BY Gabrielle Harradine

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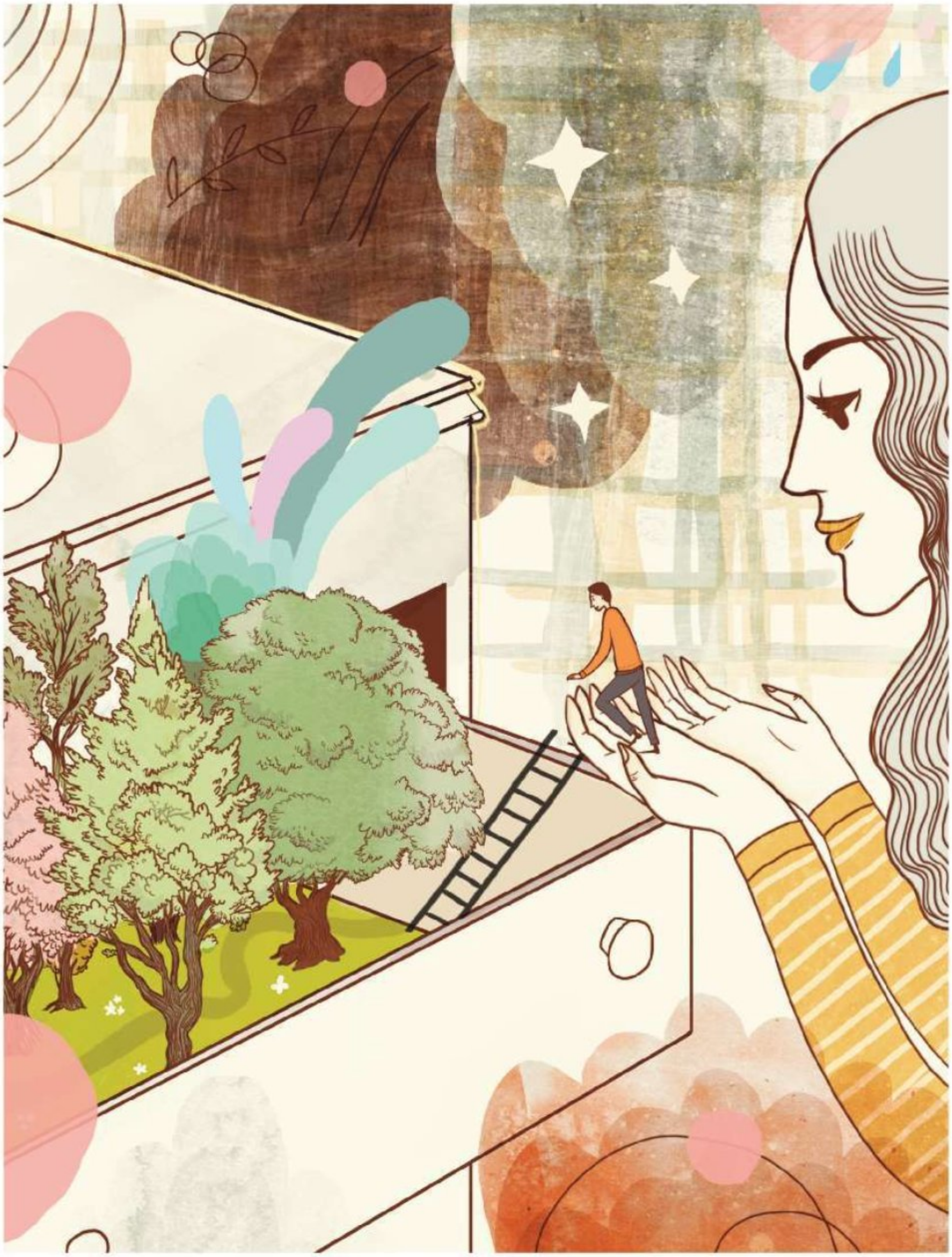
Inspired ways to recycle just about anything



Recycling is great. Recycling for a cause is a double do-good. It keeps things out of landfills and can help those in need or can transform the old into something others are able to use.

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ILLUSTRATIONS Aleks Sennwald

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COATS

San Francisco–based One Warm Coat is working to ensure that everyone who needs a cozy coat or jacket has one, free of charge. Visit onewarmcoat.org to find a coat drive in your area, or for information on how to organize your own drive. If an inherited fur coat is cramping your style, donate it to The Humane Society's (hsus.org) Coats for Cubs program. Your castoff will be redirected to a wildlife sanctuary to help comfort orphaned and injured animals.

BICYCLES Why let a bike rust away in your garage when a kid could be riding it? The International Bicycle Fund (ibike.org) offers an extensive directory of youth bicycle recycling programs. Just click on Youth Bike Programs Recycling Bicycles on the home page.

BOOKS When your bookshelves are bursting, check out AdoptALibrary.org for a list of libraries and organizations that accept donations. Southern California–based BookEnds (bookends .org) accepts children's books for Los Angeles–area schools; Books For Africa (booksforafrica.org) sends books to kids in Africa; and The Global Book Exchange (bookexchange.marin.org) ships them all over the world.

BUSINESS CLOTHING Help someone get a job by donating business clothing that's just hanging out in your closet. Started in New York, Dress for Success Worldwide (dressforsuccess.org) now has affiliates around the globe that outfit disadvantaged women for job interviews. In Los Angeles, Clothes The Deal (clothesthedeal.net) accepts cleaned and pressed garments for men and women and offers Dress To Impress workshops to boost the self-esteem and professional image of participants.

CAMERAS The New Orleans Kid Camera Project (kidcameraproject.org) collects digital cameras and video equipment to help kids in New Orleans recover from the emotional impact of Hurricane Katrina through photography-oriented art therapy. Global Classroom Connection (classroom-connection.org) accepts working digital cameras, which are then donated to classrooms worldwide to help schoolchildren learn about other cultures. Include your e-mail address, and you'll receive a class photo of the children who've benefited from your gift.

CARS Hundreds of charities accept used (even nonrunning) cars to sell at auction. Donate Car USA's Web site (donatecar usa.com) lists many of those by state, even city in some cases. Fill out an online donation form and you'll be contacted to work out details for pickup within one business day.

CDs Send unwanted CDs and DVDs to DiscsForDogs.org, which will resell them and give all the proceeds to the Erie County, N.Y., Society for the Prevention of Cruelty to Animals to care for stray cats and dogs.

COMPUTERS With chapters all over the United States, the World Computer Exchange (worldcomputerexchange.org) sends computers to technology-poor countries. Oregon-based NextStep (nextsteprecycling.org) has put thousands of pieces of equipment back into use and recycled more than 6 million pounds of e-waste. If you'd like to choose a recipient yourself, the Nonprofit Recycling Network (recycles.org) can help you find a match for your old equipment.

CELL PHONES

Many of us end up getting a new cell phone every year or so. Give your old phone to CollectiveGood (collectivegood.com), which lets you pick one of 17 charities to benefit from your donation.

EYEGLASSES

It's easy to see why donating your old specs makes sense. New Eyes for the Needy (neweyesforthe needy.com) distributes glasses, sunglasses, hearing aids, watches, and more to people in developing nations. OneSight is a family of charitable vision care organizations with thousands of drop-off locations. Find them at onesight .org/northamerica/na.

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2010 reader recipe contest

vegetariantimes.com/recipecontest for entry forms and contest rules

From Moravian sugar cookies and Mexican tamales to Italian panettones or vegified Swedish meatballs, most cooks have an international specialty that is as much a part of holiday celebrations as cranberry sauce and pumpkin pie. If you've got a seasonal dish from another part of the world that's found a place on your holiday table, we'd like you to enter it in the *Vegetarian Times* 2010 Reader Recipe Contest.

Simply send in your original vegetarian or vegan recipe (using one or more of the ingredients from the sponsor list below) by June 30, 2010. If your recipe is among the winners, you could win one of three cash prizes and see your holiday favorite featured in the November/December issue of *Vegetarian Times*.

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DRESSES Why keep an old prom dress around when you can donate it to help make a girl in need feel special? DonateMyDress.org is a comprehensive site that lists dress-donation centers by state.

INK CARTRIDGES Don't throw them away! Many schools have fund-raising programs that collect ink cartridges. Call around to see if any in your neighborhood do. Recycle4water (recycleforwater.com) accepts ink cartridges and electronics and gives the proceeds to clean water programs.

MP3 PLAYERS Recycle for Breast Cancer (recycleforbreastcancer.org) will take your MP3 player, as well electronics, appliances, and furniture. Prepaid shipping labels are available for many of the items, and proceeds from the recycling go to fight breast cancer.

NO. 5 PLASTIC If your city's recycling program won't take your No. 5 plastics, the Gimme 5 program will. Eco-friendly products company Preserve (preserveproducts.com) has teamed up with Whole Foods Market to make it easy. Simply bring any clean No. 5 plastics (including Brita water filters) to participating Whole Foods stores or mail them in. Check the Preserve Web site for more information.

SNEAKERS To keep them from stinking up landfills, the Nike Reuse-A-Shoe program will take your old, battered athletic shoes to be recycled into surfaces for playgrounds, running tracks, and basketball and tennis courts, as well as infill for synthetic turf fields. For a list of drop-off locations, visit nikereuseashoe.com.

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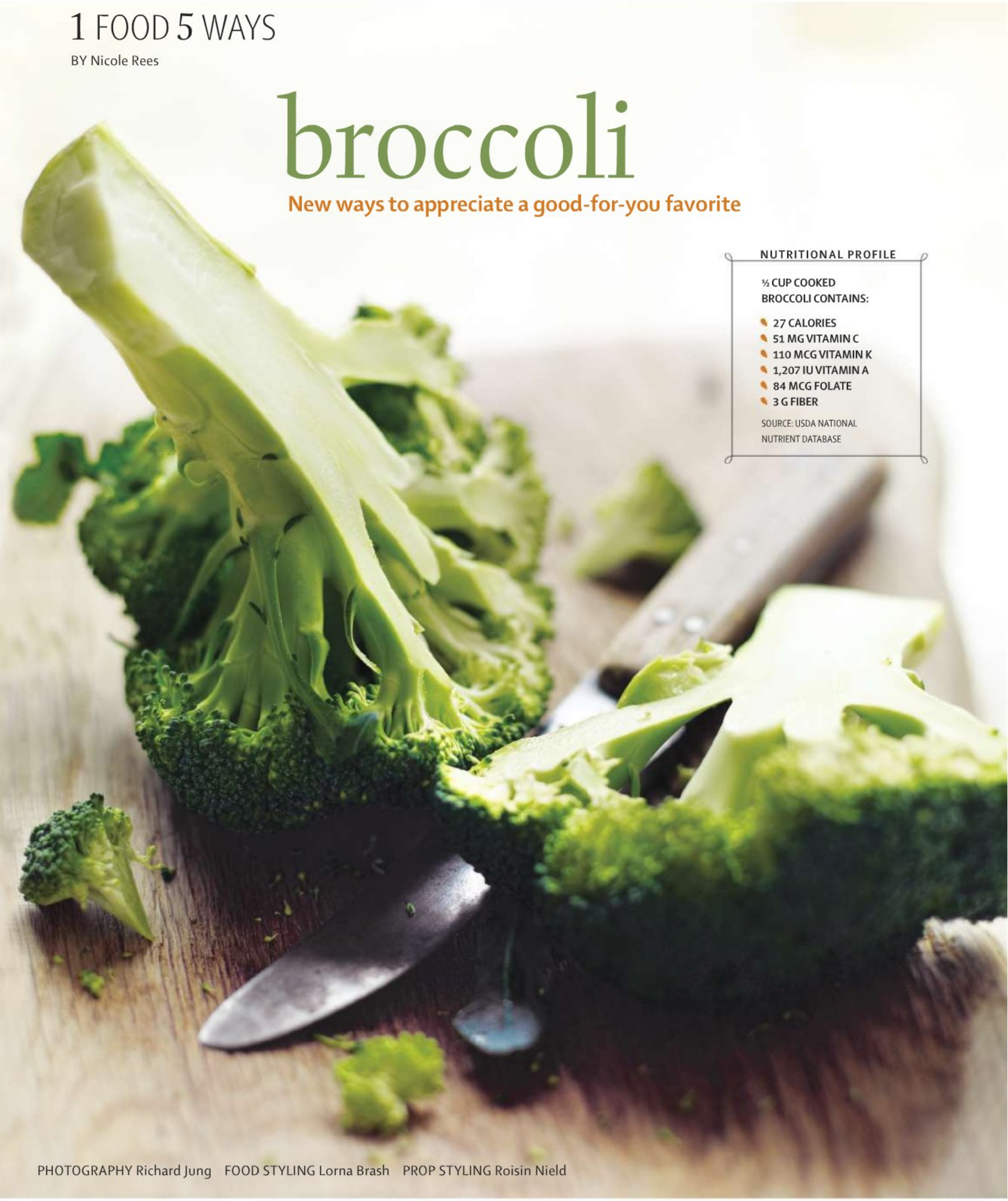
BY Nicole Rees

broccoli

New ways to appreciate a good-for-you favorite



NUTRITIONAL PROFILE

½ CUP COOKED BROCCOLI CONTAINS:

- 27 CALORIES
- 51 MG VITAMIN C
- 110 MCG VITAMIN K
- 1,207 IU VITAMIN A
- 84 MCG FOLATE
- 3 G FIBER

SOURCE: USDA NATIONAL NUTRIENT DATABASE

PHOTOGRAPHY Richard Jung FOOD STYLING Lorna Brash PROP STYLING Roisin Nield

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Superfood fads may come and go (remember the wheatgrass craze?), but broccoli's status as one of the most healthful vegetables out there holds strong. Long known as a source of fiber, folate, and vitamins A and C, broccoli's also loaded with sulforaphane, an antioxidant shown to reduce the risk of some cancers. But what really makes these edible flowers (the florets are the flowering heads of the plant) exceptional is how appealing they are to all types of eaters—including kids. That's a quality that truly stands the test of time.

White Pizza with Broccoli and Mushrooms, p. 65

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Bow Ties with Broccoli Pesto, p. 64

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Quick-braised Broccoli with Sun-dried Tomatoes and Goat Cheese, p. 64

Choose fresh broccoli with tight, firm stalks and dark-green florets.
It should also smell sweet—a cabbage-like scent means it's past its prime.

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Don't throw away the broccoli stalks! Trim off the tough ends, then peel and slice the stalks for a sweet, crunchy addition to broccoli dishes.

Broccoli Salad with Raisins and Sunflower Seeds

SERVES 6 | 30 MINUTES OR FEWER

Lightly steaming broccoli brightens its color and helps it keep its crunch—even when it's coated in a creamy dressing, as in this recipe.

- 2 small heads broccoli (12 oz.)
- ⅓ cup vegan mayonnaise
- 2 tsp. agave nectar or sugar
- 1 tsp. apple cider vinegar or rice vinegar
- ¾ tsp. Dijon mustard
- ¼ cup chopped red onion
- ¼ cup raisins
- 2 Tbs. roasted, salted sunflower seeds

1. Cut broccoli into small florets. Trim and peel stalks, then slice into matchsticks. Place matchstick pieces in steamer basket over simmering water; steam 2 minutes. Add florets; steam 1 to 2 minutes more, or until crisp-tender. Plunge broccoli in large bowl of cold water to stop cooking; drain well.
2. Whisk together mayonnaise, agave nectar, vinegar, and mustard in bowl. Combine broccoli, onion, and raisins in large bowl; toss with mayonnaise mixture. Season with salt and pepper, if desired, and sprinkle with sunflower seeds.

PER 1-CUP SERVING: 112 CAL; 4 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 148 MG SOD; 3 G FIBER; 8 G SUGARS V GF

Hot Broccoli-Artichoke Dip

MAKES 2 CUPS | 30 MINUTES OR FEWER

This crowd-pleasing dip is an inspired way to use up leftover cooked broccoli. The recipe can be tripled to fit a 13- x 9-inch baking dish, which is perfect for potlucks and cocktail parties. It also works well as a tasty sandwich spread.

- 4 oz. Neufchâtel-style cream cheese, softened
- ½ cup marinated artichoke hearts, drained and chopped
- 2 Tbs. chopped green olives, optional
- 3 Tbs. grated Parmesan cheese, divided
- 2 Tbs. light mayonnaise
- ½ tsp. grated lemon zest
- Pinch cayenne pepper
- 1 cup cooked broccoli, finely chopped (3 oz.)
- Pinch smoked paprika for garnish, optional

1. Preheat oven to 375°F. Coat 8-inch ovenproof baking dish with nonstick cooking spray.
2. Beat cream cheese in medium bowl with electric mixer until creamy. Stir in artichoke hearts, olives (if using), 2 Tbs. Parmesan, mayonnaise, lemon zest, and cayenne. Fold in broccoli.
3. Spread mixture in prepared baking dish, and sprinkle with remaining 1 Tbs. Parmesan and paprika, if using. Bake 20 minutes, or until bubbly, hot in center, and slightly browned at edges.

PER 2-TBS. SERVING: 37 CAL; 1 G PROT; 3 G TOTAL FAT (1 G SAT FAT); 2 G CARB; 7 MG CHOL; 78 MG SOD; <1 G FIBER; <1 G SUGARS GF

Quick-braised Broccoli with Sun-dried Tomatoes and Goat Cheese

SERVES 6 | 30 MINUTES OR FEWER

This simple dish makes a satisfying weeknight supper when served over steamed whole grains, such as brown rice or quinoa. Sautéing the broccoli before steaming it helps caramelize its natural sugars and gives it a fuller, richer flavor.

- 2 Tbs. pine nuts
- 1½ Tbs. vegetable oil
- 2 large heads broccoli (1 lb.), cut into small florets
- ¼ cup crumbled goat cheese (2 oz.)
- ¼ cup oil-packed sun-dried tomatoes, drained and sliced
- 2 Tbs. balsamic vinegar

1. Toast pine nuts in dry skillet over medium heat 3 to 4 minutes, stirring occasionally. Transfer to large bowl.
2. Heat oil in same skillet over medium-high heat. Add broccoli, and cook 2 minutes, or until florets are evenly coated with oil and beginning to soften and brown, stirring constantly. Carefully add ⅓ cup water; cover tightly with lid. Steam broccoli 4 minutes, or until water has evaporated and broccoli is tender.
3. Transfer broccoli to bowl with toasted pine nuts, and season with salt and pepper, if desired. Sprinkle goat cheese over broccoli, and stir in sun-dried tomatoes. Drizzle vinegar over top, and serve warm.

PER 1¼-CUP SERVING: 115 CAL; 5 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 7 G CARB; 4 MG CHOL; 74 MG SOD; 3 G FIBER; <1 G SUGARS GF

Bow Ties with Broccoli Pesto

SERVES 9 | 30 MINUTES OR FEWER

When you want a luscious homemade pesto long before basil comes into season, turn to broccoli. Here, cooked broccoli is blended with fresh mint and parsley for a bright, springtime take on the pasta sauce.

- 6 Tbs. blanched hazelnuts, plus more for garnish, optional
- 2 cups broccoli florets
- 1½ cups loosely packed parsley leaves
- ¼ cup plus 2 Tbs. olive oil, plus more for drizzling, optional
- ½ cup mint leaves
- 4 tsp. lemon juice
- 1½ tsp. grated lemon zest
- 1½ tsp. capers, rinsed and drained, optional
- 5 large garlic cloves, peeled
- 12 oz. farfalle pasta

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1. Toast hazelnuts in skillet 3 to 5 minutes, or until golden, shaking skillet often. Cool, coarsely chop, and set aside.
2. Meanwhile, bring large pot of water to a boil. Cook broccoli in boiling water 2 to 3 minutes, or until tender. Remove with slotted spoon. Drain, and rinse under cold water. Drain again.
3. Pulse hazelnuts, broccoli, parsley, oil, mint, lemon juice, lemon zest, capers (if using), and garlic in food processor until smooth. Season with salt and pepper, if desired.
4. Cook farfalle according to package directions in broccoli cooking water. Reserve ¼ cup cooking water before draining. Toss farfalle with pesto and pasta cooking water. Garnish with toasted hazelnuts, if using, and drizzle with olive oil, if desired.

PER 1-CUP SERVING: 261 CAL; 7 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 32 G CARB; 0 MG CHOL; 14 MG SOD; 3 G FIBER; 2 G SUGARS V

White Pizza with Broccoli and Mushrooms

SERVES 6 | 30 MINUTES OR FEWER

Paired with a two-cheese white sauce, broccoli makes a wonderful pizza topping. The secret to a crisp crust is preheating the baking stone or sheet. If you like extra-crispy pizza, prebake the dough 3 to 4 minutes before adding toppings.

- 2 Tbs. nonhydrogenated margarine or butter, divided
- 6 oz. mushrooms, sliced (2 cups)
- 8 oz. broccoli florets (3 cups)
- 1 Tbs. all-purpose flour
- 1 cup low-fat milk
- 2 cloves garlic, minced (2 tsp.)
- ¼ tsp. salt
- ½ cup shredded mozzarella, divided
- ¼ cup grated Parmesan, divided
- 1 13.8-oz. pkg. refrigerated pizza dough

1. Place pizza stone or baking sheet in center of oven, and heat to 425°F.
2. Melt 1½ tsp. margarine in skillet over medium-high heat. Add mushrooms, and cook 4 to 7 minutes, or until beginning to brown, stirring frequently. Add broccoli and ⅓ cup water. Cover tightly, and steam broccoli in skillet 3 to 4 minutes, or until tender.
3. Meanwhile, heat remaining 1½ Tbs. margarine in saucepan over medium-high heat. Add flour, and cook 2 minutes, or until pale golden, stirring constantly. Stir in milk, garlic, and salt. Cook 3 to 4 minutes, or until mixture thickens and begins to boil, stirring constantly. Remove from heat. Stir in ¼ cup mozzarella and 2 Tbs. Parmesan until sauce is smooth and cheese is melted.
4. Shape pizza dough according to package directions. Remove pizza stone from oven, and place dough on hot stone.
5. Spread white sauce over dough to within ½ inch of edge, and top with broccoli mixture. Sprinkle remaining mozzarella and Parmesan over top. Return to oven, and bake 18 to 20 minutes, or until edges of pizza are golden and center is hot and bubbly. Cool slightly before slicing and serving.

PER SLICE: 275 CAL; 13 G PROT; 9 G TOTAL FAT (4 G SAT FAT); 38 G CARB; 10 MG CHOL; 746 MG SOD; 3 G FIBER; 7 G SUGARS

Cookbook author and recipe developer Nicole Rees took a break from baking (her specialty) to explore all the culinary possibilities broccoli has to offer.

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Kate Jacoby and Rich Landau

Frisée Salad with Creamy Truffle Vinaigrette

Sensational seasonal specials from Philadelphia's favorite veg eatery, Horizons

SPRING fling

At Philadelphia's celebrated Horizons restaurant, co-owned by husband-and-wife duo executive chef Rich Landau and pastry chef Kate Jacoby, the bill of fare changes with the seasons. "In springtime, we change the menu almost weekly because looking for new vegetables is so inspiring," says Landau.

Yet, while Landau acknowledges that he "can get inspired by vegetables all day long," when it comes to creating sensational spring recipes, the season's best produce isn't his only muse. "There's a mood for the season that has to fit with the produce. It's about how you feel, where you want to be, and what you want that time of year," he says.

"In springtime I'm thinking of the French countryside, of outdoor cafés with little tables where you can sit in the sun and have a great lunch salad that has a hot element," says Landau. This scene set the stage for Horizons's Frisée Salad with Creamy Truffle Vinaigrette (recipe, opposite). The warmer weather also motivates Landau to get outside and fire up the grill, prompting the elegant Grilled Portobello Tacos with Salsa Verde (p. 71).

This spring, no matter how far you are from Philadelphia (or the French countryside), these earthy delights will help you broaden your culinary horizons while honoring the season.

BY Jolia Sidona Allen RECIPES Rich Landau and Kate Jacoby PHOTOGRAPHY John Kernick

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Israeli Couscous with Saffron, Olives, and Spring Vegetables

SERVES 6 | 30 MINUTES OR FEWER

Oil-cured Moroccan olives, such as Beldi, add a distinct, salty flavor to this dish. For a milder taste, use kalamata olives.

- 2 cups dry Israeli couscous
- 4 tsp. canola oil
- 2 bulbs fennel, slivered, grated, or finely chopped (1 cup)
- 1 medium leek, white and pale green parts finely chopped (½ cup)
- 6 cloves garlic, chopped (2 Tbs.)
- ½ cup dry white wine
- 2 cups shelled fresh or frozen peas
- 1 cup low-sodium vegetable broth
- 4 plum tomatoes, chopped (1 cup)
- 2 0.25-g. pkg. saffron threads
- 2 cups baby arugula leaves
- ½ cup chopped, pitted oil-cured or kalamata olives
- 3 Tbs. olive oil
- Fresh basil leaves, for garnish

1. Prepare couscous according to package directions. Set aside.
2. Heat canola oil in large skillet over medium-high heat. Add fennel, leek, and garlic, and cook 3 to 5 minutes, or until lightly browned.
3. Stir in wine, and cook 1 minute to deglaze pan. Add peas, and let wine reduce 1 minute more, then add broth. Add couscous, tomatoes, and saffron; season with salt and pepper, if desired. Cover, and let stand 5 minutes. Stir in arugula, and remove from heat. Season with salt and pepper, if desired.
4. Spoon into bowls, then top with olives, olive oil, and basil.

PER 1½-CUP SERVING: 349 CAL; 9 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 49 G CARB; 0 MG CHOL; 204 MG SOD; 6 G FIBER; 6 G SUGARS

Frisée Salad with Creamy Truffle Vinaigrette

SERVES 6 | 30 MINUTES OR FEWER

This spring salad is an inventive redo of French *salade lyonnaise*, traditionally made with poached egg and bacon.

DRESSING

- 2 Tbs. vegan mayonnaise
- 1½ tsp. white truffle oil
- 1½ tsp. chopped fresh chives
- ½ tsp. Dijon mustard
- ¼ tsp. sherry vinegar
- 2 Tbs. olive oil

SALAD

- 3 large Yukon gold potatoes, diced
- 2 Tbs. canola or safflower oil
- 2 heads frisée lettuce, leaves left whole (8 cups)
- 2 medium tomatoes, cut into wedges
- 1 bunch French breakfast radishes or red radishes, quartered lengthwise (1 cup)
- 1 cup roasted pistachios, crushed

1. To make Dressing: Whisk together mayonnaise, truffle oil, chives, mustard, and vinegar in bowl. Whisk in olive oil. Season with salt and pepper, if desired.
2. To make Salad: Preheat oven to 400°F. Toss potatoes with canola oil on baking sheet, then spread into single layer, and season with salt and pepper, if desired. Bake 25 minutes, or until golden brown, turning occasionally.
3. Toss frisée with Dressing. Arrange potatoes on platter, top with frisée, and garnish with tomatoes, radishes, and pistachios.

PER 1½-CUP SERVING: 338 CAL; 8 G PROT; 22 G TOTAL FAT (3 G SAT FAT); 32 G CARB; 0 MG CHOL; 83 MG SOD; 6 G FIBER; 5 G SUGARS

Israeli Couscous with Saffron, Olives, and Spring Vegetables

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Oyster Mushrooms Rockefeller

Culinary breakthrough Last fall, Horizons prepared the first vegan dinner ever served at New York's esteemed James Beard House, a center for celebrating and preserving America's culinary heritage. The event sold out (with a long waiting list), and Horizons has been invited back to cook a late-spring and summer menu in June. For more info, visit jamesbeard.org.

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Oyster Mushrooms Rockefeller

SERVES 6 | 30 MINUTES OR FEWER

This is a vegan take on classic oysters Rockefeller, created at the New Orleans restaurant Antoine's in 1899 and named after John D. Rockefeller, America's first billionaire, because of its very rich sauce. We've given instructions on how to make it in a single pan, but you can also divide the ingredients among small ramekins for individual servings.

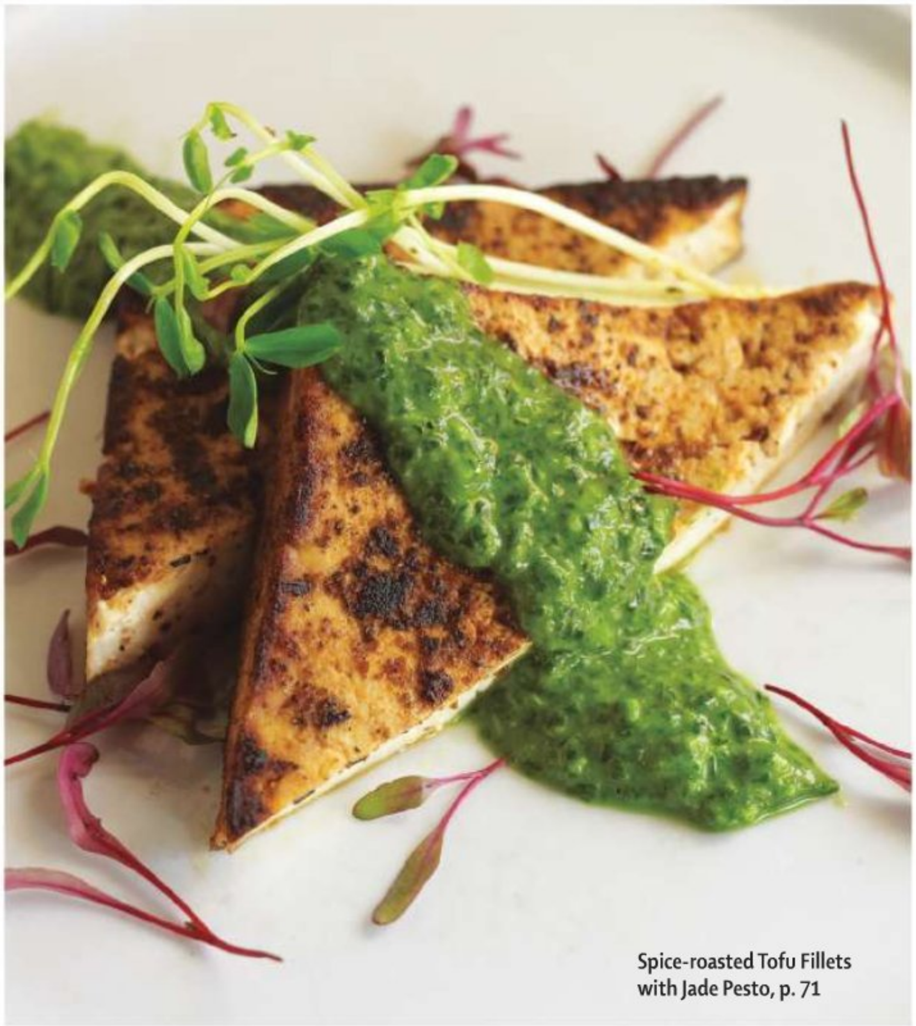
- 2 12-oz. pkg. fresh oyster mushrooms, tough parts of stems removed
- 4 Tbs. olive oil, divided
- 2 lb. baby spinach
- ½ cup vegan mayonnaise
- ½ cup chopped fresh fennel
- 2 tsp. Dijon mustard
- 2 Tbs. chopped shallots
- 2 cloves garlic, minced (2 tsp.)

1. Preheat oven to 400°F. Spread mushrooms in bottom of baking dish or baking sheet.
2. Heat 1 Tbs. oil in large skillet over medium-high heat. Sauté half of spinach 1 to 2 minutes, or until wilted, tossing occasionally. Remove from pan with tongs. Add 1 Tbs. olive oil to pan, and repeat with remaining spinach. Spread wilted spinach atop mushrooms in baking dish.
3. Whisk together remaining 2 Tbs. oil, mayonnaise, fennel, mustard, shallots, and garlic in small bowl. Spread sauce over spinach until well covered.
4. Bake 15 minutes, or until sauce begins to brown. Set oven to broil. Place baking dish under broiler, and broil 2 to 3 minutes, or until brown and bubbly. Serve as casserole, or spoon servings onto plates.

PER 2-CUP SERVING: 247 CAL; 8 G PROT; 16 G TOTAL FAT (2 G SAT FAT); 25 G CARB; 0 MG CHOL; 457 MG SOD; 10 G FIBER; 1 G SUGARS V GF

A vibrant jade pesto made with basil and cilantro adds spring zing to hearty spice-roasted tofu fillets.

Chunky Artichoke and Chickpea Salad, p. 71



Spice-roasted Tofu Fillets with Jade Pesto, p. 71

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Grilled Portobello Tacos with Salsa Verde

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Grilled Portobello Tacos with Salsa Verde

SERVES 6 | 30 MINUTES OR FEWER

Juicy, earthy portobello mushrooms make these tacos a mouthwatering treat. Don't worry if the mushroom caps seem slightly undercooked when you pull them from the grill; leave them out on a plate, and they will continue to cook (this is called carryover cooking).

MARINADE

- ⅓ cup canola oil
- 3 Tbs. balsamic vinegar
- 1 tsp. black pepper

TACOS

- 6 large portobello mushroom caps
- 6 6-inch soft corn tortillas
- 2 avocados, sliced
- 2 cups chopped tomatoes
- 3 cups shredded cabbage
- Vegan sour cream, optional

SALSA VERDE

- 4 tomatillos, chopped (or 1 cup canned)
- 1 large green bell pepper or poblano chile, roughly chopped
- 1 large bunch fresh cilantro, leaves only
- 1 medium onion, chopped
- 3 cloves garlic
- 3 tsp. organic sugar or agave nectar
- 1¼ tsp. canola oil
- 1 tsp. pepper
- ½ tsp. salt

1. Preheat grill or grill pan to high heat. To make Marinade: combine all ingredients in small bowl.
2. To make Tacos: Brush mushroom caps with marinade. Grill mushrooms 3 to 5 minutes per side. Cool until easy to handle, then slice into strips.
3. To make Salsa Verde: purée all ingredients in food processor 1 minute, or until smooth. Pour salsa over mushroom strips, and let stand 5 to 10 minutes.
4. Lightly warm tortillas 15 seconds per side in skillet or on griddle. Fill tortillas with sliced mushrooms, avocado slices, tomatoes, and cabbage. Top each taco with sour cream, if using.

PER TACO: 278 CAL; 6 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 35 G CARB; 0 MG CHOL; 257 MG SOD; 9 G FIBER; 12 G SUGARS V GF

Chunky Artichoke and Chickpea Salad

SERVES 6

For a spring picnic or lunch, serve this dish as a dip with crackers or spread on pumpernickel and top with veggie bacon and tomato.

- 1 16-oz. jar artichoke hearts packed in water, drained
- 1 12-oz. can chickpeas, drained and rinsed
- ¼ cup chopped onion
- ¼ cup chopped cornichons (French baby pickles)
- ¼ cup chopped green bell pepper
- ¼ cup chopped fresh celery
- ¼ cup vegan mayonnaise
- 2 tsp. olive oil
- 1 tsp. capers
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. seafood seasoning, such as Old Bay
- 1 tsp. Dijon mustard

Pulse all ingredients in food processor until chunky. Season with salt and pepper, if desired. Chill at least 30 minutes, or overnight.

PER ½-CUP SERVING: 148 CAL; 5 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 2 MG CHOL; 435 MG SOD; 6 G FIBER; 3 G SUGARS V GF

Spice-roasted Tofu Fillets with Jade Pesto

SERVES 6

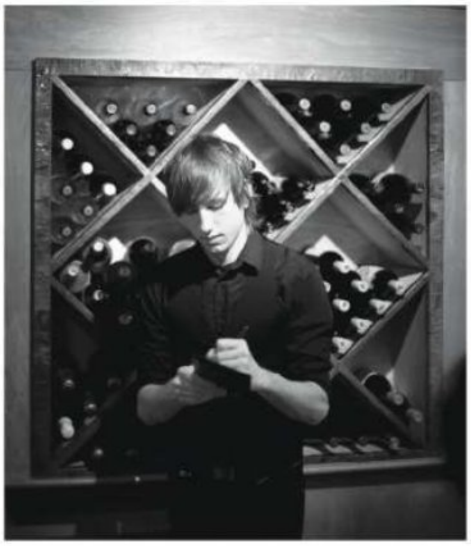
These fillets are superb served solo or over soba noodles. Garnish with microgreens, if desired.

TOFU FILLETS

- 2 16-oz. pkg. extra-firm tofu, drained, rinsed, and cut into 3 slabs each
- ½ cup soybean oil
- 6 Tbs. dry southwest, jerk, or Cajun spice blend
- 4 Tbs. tamari or low-sodium soy sauce
- 4 tsp. toasted sesame oil

PESTO

- 6 cups loosely packed fresh basil leaves
- 2 cups loosely packed cilantro leaves
- 4 whole green onions, chopped (½ cup)
- ½ cup soybean oil
- 4 Tbs. peeled and chopped fresh ginger
- 4 small cloves garlic



- 2 tsp. rice wine vinegar
- 2 tsp. prepared wasabi, optional
- ⅛ tsp. white pepper

1. To make Tofu Fillets: Place tofu slabs in large shallow dish. Whisk together soybean oil, spice blend, tamari, and sesame oil. Pour over tofu slabs, and chill 1 hour, or overnight.
2. Preheat oven to 400°F. Coat baking sheet with cooking spray, and arrange tofu slabs on prepared baking sheet. Bake tofu 12 minutes, or until beginning to brown. Remove, and cool.
3. To make Pesto: Purée all ingredients with ½ cup water in food processor or blender until smooth. Slice each tofu slab into 2 triangles. Top with Pesto.

PER SERVING (2 TRIANGLES WITH 2 TBS. PESTO): 282 CAL; 16 G PROT; 22 G TOTAL FAT (3 G SAT FAT); 6 G CARB; 0 MG CHOL; 511 MG SOD; 2 G FIBER; <1 G SUGARS V

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Easy Entertaining Special

DIY dim sum

BY Melynda Saldenais

LE JACQUARD FRANCAIS CITE IMPERIALE TABLECLOTH, FROM SALUTATIONSHOME.COM; LARGE BAMBOO STEAMER AND GREEN NILSSON SERVING BOWL, FROM CRATEANDBARREL.COM; GAIL DELOACH SQUARE CAPIZ PLATES, FROM HOMEGROWNPA.COM; FORGOTTEN SHANGHAI ORANGE MEDIA BOX, FROM MOLLERSGARDEN.COM; OVAL PLATTER BY MARY ANNE DAVIS, FROM CISCOCATALOG.COM

HOMEMADE TASTE MEETS READY-MADE SIMPLICITY WITH THIS DELIGHTFUL PARTY MENU

Here's a fresh twist on Chinese takeout: buy a bunch of dumplings, wontons, and spring rolls; whip up some homemade dipping sauces, veggie sides, and a dessert; and invite guests over for a dim sum dinner party.

Cantonese for "heart's delight," dim sum revolves around bite-sized dumplings and small plates of savory food. The light bites are ideal for entertaining because they don't require much last-minute preparation (especially when you buy them premade) and they're meant to be shared with everyone at the table. And now that high-quality vegetarian dumplings are readily available in restaurants and supermarket freezers, assembling a flavorful feast is just a delivery phone call or a trip to the grocery store away.

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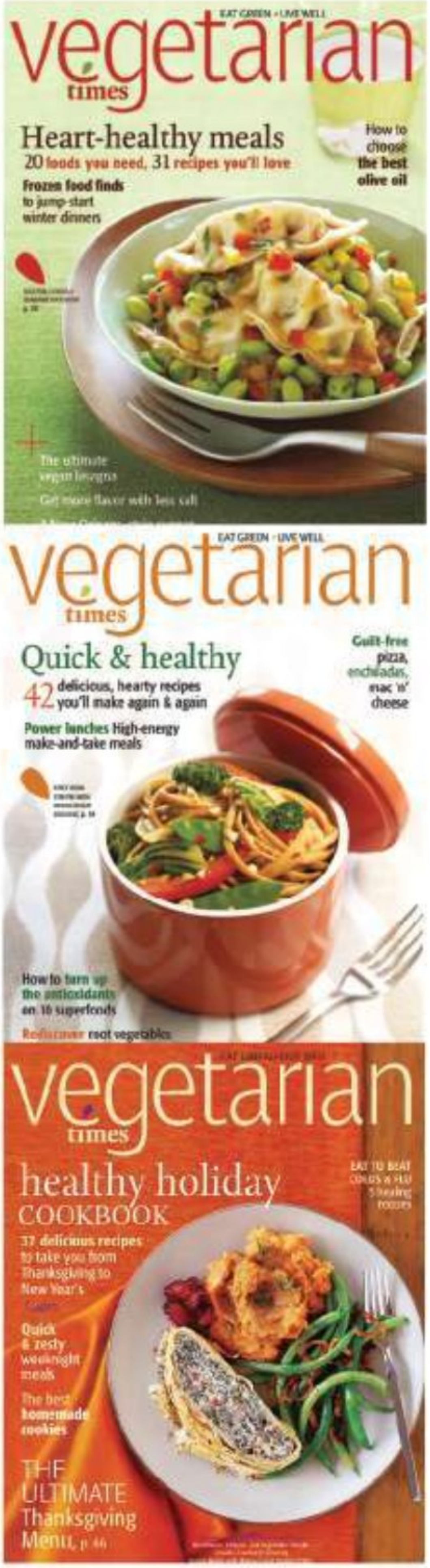

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WHAT YOU'LL NEED

- **STEAMER**
  for warming dumplings
- **WOK OR SKILLET**
  for cooking vegetables
- **SMALL, SHALLOW BOWLS**
  for serving sauces
- **ASSORTMENT OF DUMPLINGS AND DIM SUM OFFERINGS**
  (see "dim sum 101," p. 74);
  plan on 6 to 10 pieces per person
- **CHINESE-STYLE HOT MUSTARD**
- **TEA**
- **CHOPSTICKS**

Spicy Eggplant with Black Vinegar Sauce, p. 75

Gai Lan with Vegetarian Oyster Sauce, p. 74

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Kim Wong

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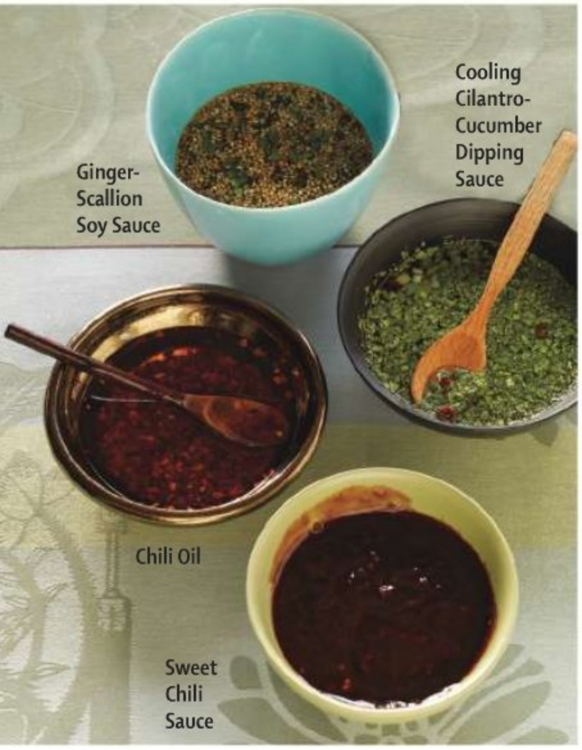

Ginger-Scallion Soy Sauce

MAKES 1 CUP | 30 MINUTES OR FEWER

The right proportions of soy sauce to vinegar are key to this dipping sauce.

- ½ cup low-sodium soy sauce or tamari
- ¼ cup seasoned rice vinegar
- 2 Tbs. chopped fresh ginger
- 2 Tbs. honey
- ¼ cup finely chopped scallions
- 2 tsp. sesame seeds

Blend soy sauce, vinegar, ginger, and honey in blender until smooth. Stir in scallions and sesame seeds.

PER 2-TBS. SERVING: 38 CAL; 1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 8 G CARB; 0 MG CHOL; 682 MG SOD; <1 G FIBER; 6 G SUGARS

Sweet Chili Sauce

MAKES ⅓ CUP | 30 MINUTES OR FEWER

Here, honey and hoisin sauce tone down the heat of the sambal oelek sauce.

- 2 tsp. vegetable oil
- 2 cloves garlic, minced (2 tsp.)
- 1 1-inch piece fresh ginger, peeled and grated
- ½ cup hoisin sauce
- 2 Tbs. honey
- 1 Tbs. low-sodium soy sauce or tamari
- 2 tsp. sambal oelek, or more to taste

Heat oil in saucepan over medium heat. Add garlic and ginger, and sauté 2 minutes, or until fragrant. Stir in remaining ingredients, and heat 1 to 2 minutes more. Cool before serving.

PER 1-TBS. SERVING: 68 CAL; <1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; <1 MG CHOL; 345 MG SOD; <1 G FIBER; 9 G SUGARS

Cooling Cilantro-Cucumber Dipping Sauce

MAKES 1 CUP

To tame the heat of spicy dim sum offerings, this sauce is just the ticket.

- ¼ cup sugar
- ⅔ cup rice vinegar or distilled white vinegar
- 1 small red chile, seeded and thinly sliced
- 1 small cucumber, diced (⅓ cup)
- 3 Tbs. finely chopped cilantro

Bring sugar, vinegar, and ¼ cup water to a simmer in saucepan over medium heat. Remove from heat, and stir in chile, cucumber, and cilantro. Chill.

PER 2-TBS. SERVING: 35 CAL; <1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 9 G CARB; 0 MG CHOL; 1 MG SOD; <1 G FIBER; 7 G SUGARS V GF

Chili Oil

MAKES ¼ CUP

Store this ultraversatile oil in the fridge, and use it on pizza or roasted vegetables.

- ¼ cup peanut oil
- 1 Tbs. red pepper flakes

Heat oil in saucepan over medium-high heat. Add red pepper flakes, and cook until they sizzle. Pour oil into glass jar, cover, and cool to room temperature. Stir or shake before using.

PER 1½-TSP. SERVING: 62 CAL; <1 G PROT; 7 G TOTAL FAT (1 G SAT FAT); <1 G CARB; 0 MG CHOL; <1 MG SOD; <1 G FIBER; <1 G SUGARS V GF

Gai Lan with Vegetarian Oyster Sauce

SERVES 8 | 30 MINUTES OR FEWER

Long-stalked, leafy gai lan, or Chinese broccoli, is sweeter than broccoli or broccoli raab, but its cruciferous cousins will also work here.

- 1 lb. gai lan cut into 2-inch pieces
- 1 tsp. salt
- 1 tsp. baking soda
- 3 Tbs. vegetarian oyster sauce
- 2 Tbs. Chinese rice wine or dry sherry
- 1 tsp. sugar
- ½ tsp. sesame oil
- 1 tsp. cornstarch

1. Cover gai lan with water in large saucepan; stir in salt and baking soda, and bring to a boil over medium-high heat. Cook 4 minutes, or until tender. Rinse under cold water, and drain.

DIPPING BOWLS BY MARYANNE DAVIS, FROM DAVISTUDIO.COM

DIM SUM 101

Don't know a *shu mei* from a pot sticker? This list of dim sum favorites will help you to choose well from the frozen food section (or take-out menu). Always check that the foods are 100 percent vegetarian and don't contain hidden ingredients such as fish sauce, seafood, lard, or ground meat.

LOTUS LEAF RICE Seasoned sticky rice wrapped in a lotus leaf and steamed. The leaf is not eaten.

POT STICKERS OR GYOZA Crescent-shaped dumplings that are steamed, then pan-fried on one or both sides until crispy.

RICE BALLS Deep-fried rounds of seasoned sticky rice with a vegetable filling.

SHU MEI Steamed, pouch-shaped dumplings.

SPRING ROLLS Smaller and lighter than egg rolls, spring rolls are filled with sautéed vegetables and fried until crispy.

STEAMED BUNS Also called *bao* (pronounced "bow"), these pale, round steamed buns made with rice flour are filled with barbecued bean curd (tofu) or seitan.

TARO CAKE Starchy, savory pan-fried patties made with cooked and mashed taro root.

WONTONS Ravioli-like dumplings made from flat pasta-like wrappers. Wontons can be served steamed, fried, or stirred into a brothy soup.

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Egg Tarts with Almonds

APPETIZER PLATES, FROM DAVISTUDIO.COM; AVRIL LORETI FORTUNE COOKIE NAPKINS, FROM ETSY.COM

2. Bring oyster sauce, rice wine, sugar, and sesame oil to a boil in separate saucepan. Whisk cornstarch into 1 Tbs. cold water, and add to oyster sauce. Cook 2 minutes, or until thickened. Serve broccoli with warm sauce.

PER ½-CUP SERVING: 36 CAL; 2 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 189 MG SOD; 1 G FIBER; 1 G SUGARS V

Spicy Eggplant with Black Vinegar Sauce

SERVES 8 | 30 MINUTES OR FEWER

Chinese black vinegar is a rich, dark, sour-sweet condiment much like aged balsamic vinegar; in fact, you can substitute balsamic vinegar here.

- 3 Tbs. Chinese black vinegar
- 1 Tbs. sugar
- 1 Tbs. low-sodium soy sauce or tamari
- 2 Tbs. vegetable or peanut oil
- 2 Tbs. minced fresh ginger
- 1 tsp. sambal oelek, or more to taste
- 2 cloves garlic, minced (2 tsp.)
- 1 medium onion, thinly sliced (1 cup)
- 1 lb. Japanese eggplant, halved and cut into ½-inch-thick pieces
- ¼ cup chopped cilantro

1. Whisk together vinegar, sugar, and soy sauce in small bowl; set aside. 2. Heat oil in wok over medium heat. Add ginger, sambal oelek, and garlic, and cook 30 seconds, or until fragrant. Add onion, and cook 4 minutes, or until softened. Stir in eggplant, and cook 2 to 3 minutes, or until browned and softened. Stir in vinegar mixture. Remove from heat, and serve sprinkled with cilantro.

PER ½-CUP SERVING: 66 CAL; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 8 G CARB; 0 MG CHOL; 79 MG SOD; 2 G FIBER; 5 G SUGARS V

Egg Tarts with Almonds

MAKES 12 TARTS

Nonhydrogenated vegetable shortening stands in for lard to make light-and-flaky crusts for these custardy Chinese treats.

DOUGH

- 2 cups all-purpose flour, plus extra for dusting work surface
- ½ tsp. salt
- ½ cup cold nonhydrogenated vegetable shortening, such as Earth Balance
- 1 large egg
- 1 Tbs. sugar

FILLING

- 1½ cups low-fat milk
- ⅔ cup sugar
- 2 large eggs
- 2 egg yolks
- 1 tsp. vanilla extract
- ½ tsp. almond extract
- 12 whole almonds

1. To make Dough: Sift together flour and salt in large bowl. Cut shortening into flour using two knives or pastry cutter until mixture resembles coarse meal. Whisk together egg and sugar in separate bowl. Stir into flour mixture. Add 4 to 5 Tbs. cold water, just enough to make dough stick together. Shape dough into ball, wrap in plastic wrap, and chill 1 hour, or overnight.
2. Preheat oven to 325°F. Spray 12-cup muffin pan with cooking spray.
3. To make Filling: Place milk, sugar, eggs, egg yolks, and vanilla and almond extracts in blender, and blend until smooth. Strain through fine mesh strainer into small pitcher or 4-cup measuring cup.
4. Roll out chilled Dough to ⅛-inch thickness on well-floured work surface. Cut out 12 rounds with 3-inch round cookie cutter. Press Dough rounds into prepared muffin pan. Fill crusts three-quarters full with Filling. Bake 15 minutes. Top each tart with 1 almond, and bake 15 to 20 minutes more, or until custard is set. Cool; then unmold tarts using knife tip to loosen.

PER TART: 263 CAL; 5 G PROT; 13 G TOTAL FAT (5 G SAT FAT); 30 G CARB; 92 MG CHOL; 128 MG SOD; <1 G FIBER; 14 G SUGARS

Melynda Saldenais is a Denver-based chef and food writer who thanks her Australian friends for introducing her to dim sum.

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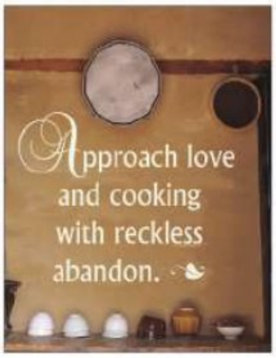

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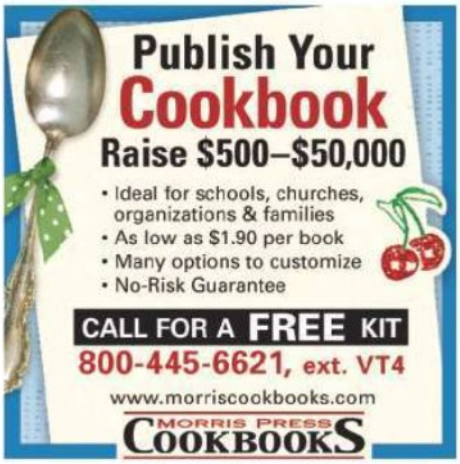

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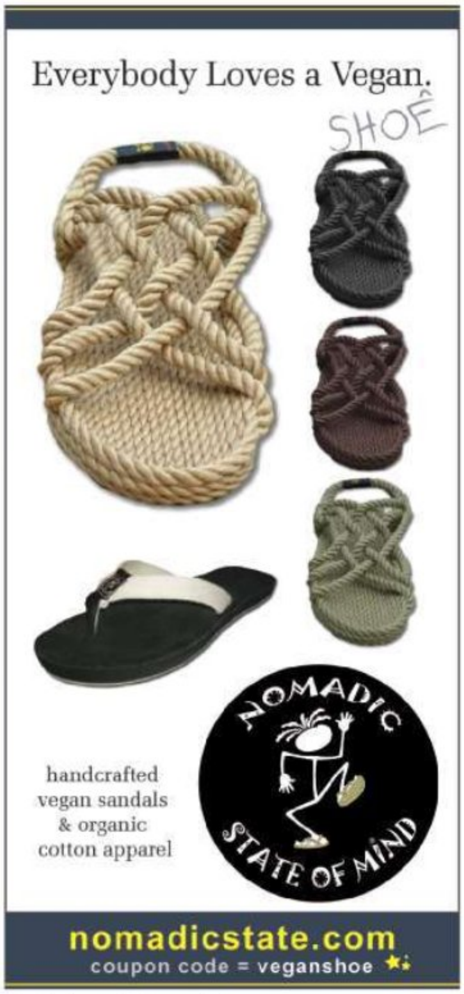

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■	■	■	■	■		Cooling Cilantro-Cucumber Dipping Sauce, p. 74
	■		■	■	■	Ginger-Scallion Soy Sauce, p. 74
		■	■	■	■	Hot Broccoli-Artichoke Dip, p. 64
	■		■	■	■	Sweet Chili Sauce, p. 74

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VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	Recipe
■	■	■	■	■	■	Broccoli Salad with Raisins and Sunflower Seeds, p. 64
		■	■	■	■	Chickpea and Feta Salad, p. 26
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ENTRÉES

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		■	■	■		Asparagus and Oyster Mushroom Gratins with Spinach Chiffonade, p. 42
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■	■		■	■	■	Spaghetti with Chunky Tomato Sauce, p. 24
■	■		■	■		Spice-roasted Tofu Fillets with Jade Pesto, p. 71
			■		■	White Pizza with Broccoli and Mushrooms, p. 65

DESSERTS

VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR FEWER	Recipe
■	■	■	■	■	■	Baked Apples with Maple-Walnut Sauce, p. 50
						Egg Tarts with Almonds, p. 75
			■			Grapefruit Clafouti, p. 51
		■	■	■		Mango Kulfi, p. 53
			■	■		Raspberry Buckle, p. 53

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By Chris Mann

PAKE SALMON/MAKAHAANGELS.COM

Daryl Hannah

This actress's real-life activism rivals her on-screen adventures

Enchanting audiences as a mermaid in the 1984 romantic comedy *Splash*, Daryl Hannah, 49, continues to create memorable film characters. The impassioned environmental activist also keeps busy vlogging about planet- and animal-friendly topics on her Web site, dhlovelife.com. Her championing of eco causes has even gotten her arrested, twice: in 2006 for protesting the commercial development of an urban farm in South Central Los Angeles, and last year for rallying against mountaintop removal in West Virginia. Hannah talked with us from her solar-powered, off-the-grid home in the Rockies.

Q What prompted you to become a vegetarian at age 11?

A On weekends my family, who lived in Chicago, would travel to Wisconsin and stop at this restaurant I didn't like, so I'd wait in the car while everyone else ate. One night, bored, I got out of the car and walked around the parking lot. I noticed this truck full of calves and bonded with one in particular, who kept kissing me. After about an hour the truck driver came out of the restaurant. I asked him what the calf's name was, and he said, "Veal, tomorrow morning by 7 o'clock." That was it: I could no longer disassociate the creature from what was on my plate.

Q How did your eco-conscious Web site evolve? What are your aims for it?

A Originally, I created dhlovelife.com to be a TV show, but I became uncomfortable with the networks' constraints and less-desirable advertising partners. I learned about [vlogging] and thought, what a perfect outlet to get the information out without interference. My hope for the site is that it continues to expand organically and to become a full-service, trusted guide, providing inspiration and resources for ethical, mindful living.

Q What inspired you to vlog about vegan junk food?

A I grew up on junk food, and for me and millions of other Americans, it's comfort food. I wanted to say those cravings can be satisfied with real food, food that grows in the ground or from trees. Treats can be good for you when made with whole, organic fruits and vegetables!

Q Your vlogs are a mix of serious information and whimsical presentation. Why is taking a light-hearted approach important?

A It's so easy to feel overwhelmed, hopeless, and apathetic when you take in the gravity of the crisis facing us. It's crucial to inspire as well as inform.

Q What fortifies your activism?

A My love of life and the wonderful creatures on this amazing planet; some of them are humans.

Q With so many wrongs that need righting, how do you choose your fights?

A They choose me. I don't really plan these things—I just become compelled by compassion, love, the survival instinct, and a heap of hard-core data.

Q As a longtime champion of the environment, what gives you hope?

A The planet seems to have an immune system. So many things in nature help bolster it so it can recover. Our species is definitely a problem, but we can be incredibly imaginative and inventive. I've come across some of the most amazing people, who are creating better ways for us to be productive in life and not just consumers. We need a serious change in our priorities, no doubt, but as people get informed, they do make wiser choices and insist on change.

Los Angeles–based writer Chris Mann still loves Splash.

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